

Mini crab cakes with spicy cream

If newlyweds truly want to impress their guests, this appetizer is certain to do the trick. These crab cakes are wonderful because there's actual crab in them! Opt for the less-expensive crab when shopping for this recipe – not canned, but fresh-packed, pre-cooked meat.



Ingredients

- 2 tsp coconut oil
- 2 scallions, green and white parts, thinly sliced
- 1 medium green bell pepper, finely diced
- 1 jalapeno pepper, finely diced
- 1 tbsp fresh ginger, finely grated
- 2 cloves garlic
- 1 lb crab claw meat, picked over
- 1 tsp lime zest, finely grated
- 2 tbsp fresh lime juice
- ¼ cup fresh cilantro leaves, finely chopped
- 1 large egg, beaten
- 1 cup breadcrumbs, divided
- 3 tbsp organic healthy olive oil mayonnaise, divided (try the homemade recipe attached)
- ½ tsp sea salt
- 1/3 cup nonfat Greek-style yogurt (I like Liberté)
- 1 tsp hot chilli-garlic sauce, such as Sriracha, plus more to taste

Directions

1. Preheat oven to 425. Place a parchment paper on baking sheet.
2. Heat coconut oil in a skillet over medium-high heat. Add scallions, green pepper and jalapeno and cook until peppers soften slightly, about 3 minutes. Add ginger and garlic and cook for 1 minute more. Set aside to cool slightly.
3. In a large mixing bowl, combine pepper-scallion mixture with crab, zest, lime juice, chopped cilantro, egg, ½ cup panko, 1 tbsp mayonnaise and salt.
4. Put remaining ½ cup panko on plate. Form a crab cake using about 1 ½ tbsp crab mixture, then gently roll it in panko and place on prepared baking sheet. Repeat with remaining crab mixture.
5. Bake crab cakes until they are golden brown on the bottom, about 10 minutes. Gently turn them over and cook for 10 minutes on the other side.
6. Make spicy cream: In a small bowl, stir yogurt with remaining 2 tbsp mayonnaise and chilli-garlic sauce.
7. To serve, top each crab cake with about ½ tsp spicy cream and additional cilantro or herbs of your choice.

Healthy olive oil mayo dip

Ingredients

- 1 egg yolk
- 1 ½ tsp fresh lemon juice
- 1 tsp vinegar
- ¼ tsp Dijon mustard
- Sea salt to taste
- ¼ cup extra virgin olive oil

Directions

Blend first 5 ingredients in a food processor. Slowly pour in oil and enjoy. For best results, chill before serving.

(Modified from Clean Eating, September/October 2009 issue).

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