

Baked Crab Cakes

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These crabcakes have all the flavor, spice, and seafood of the restaurant standby, but because they're baked and not fried, they're a whole lot leaner—and cleaner in the kitchen!

Ingredients:

1 pound canned crabmeat, drained, flaked
1 cup plain breadcrumbs
¼ cup cornmeal
½ cup finely minced carrot
½ cup finely minced celery
2 eggs, lightly beaten
2 tablespoons mayonnaise
2 tablespoons butter, melted
1 tablespoon minced fresh parsley
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1 teaspoon hot sauce
½ teaspoon salt
Tartar sauce, for serving

Directions:

- 1) Preheat oven to 350°F. Lightly grease a large baking sheet.
- 2) Combine all ingredients, except tartar sauce, in a large bowl; mix well. Form mixture into about 15 patties; flatten slightly and place on prepared baking sheet. Chill 15 minutes.
- 3) Place baking sheet in oven. Bake until patties are golden and slightly crisp, about 30 minutes, turning halfway.