

Ideal Protein Crab Cakes



Ingredients:

- 1 lb. jumbo lump or backfin lump crabmeat, fresh or pasteurized
- 1/3 cup egg beaters
- ¼ cup Walden Farms mayonnaise
- 1 ½ tsp. brown mustard
- 1 ½ tsp. Old Bay seasoning
- 1 tsp. fresh lemon juice
- 2 packages of Ideal Protein southwest cheese curls (finely crushed)
- 1 tbs. olive oil

Directions:

Combine all ingredients in a bowl and mix well. Form mixture into 9 patties. Spray skillet with olive oil and cook patties over medium heat. Turn over once and cook until brown. Enjoy!

Makes 3 servings.