

Crab Cakes

Ingredients:

- 1/4 cup whole-wheat breadcrumbs
- 2 Tbs chopped flat-leaf parsley
- 2 Tbs chopped fresh chives
- 2 Tbs mayonnaise with canola oil or olive oil
- 1 tsp. fresh grated lemon rind
- 1/4 tsp. freshly ground black pepper
- 2 large eggs, lightly beaten
- 16 oz. fresh lump crabmeat
- 2 Tbs butter

Place first 7 ingredients, down to eggs, in a large bowl. Combine and then add in crabmeat. Divide crabmeat into 4 equal portions and shape each into 1-inch-thick patties. Heat a skillet over medium heat. Add butter. When butter is melted, add the patties to the skillet and let cook 3 to 4 minutes on each side, until crab cakes are golden brown. Enjoy alone or with a quick tartar sauce. I made an avocado aioli using:

- 1 avocado, peeled and seed removed
- 1 Tbs mayo
- 1 tsp. mustard
- 2 tsp. chopped chives
- 2 tsp. capers
- 1 tsp. lemon juice
- dash salt and pepper
- 1/4 tsp. creole seasoning (for a little "kick")

Place all ingredients in a food processor and process until smooth.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"How about coffee, drinks, dinner, a movie....for as long as we both shall live?" - You've Got Mail // Joe Fox (Tom Hanks)