

# Crabbyless Crab Cakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 1 crab cake

Ingredients	Quantity	Measure
Canola oil, divided	¼	cup
Red bell pepper, small dice	1	cup
Onion, yellow, small dice	1	cup
Garlic, minced	1	tsp.
Nori flakes, toasted	2	tsp.
Hearts of Palm (canned, drained, rinsed, pulsed in food processor until resembles crab meat)	5 2	cups or 14 oz cans
Egg-free mayonnaise	1	cup
Nutritional yeast	¼	cup
Breadcrumbs, divided	3	cups
Salt	1	tsp.
Pepper	1	tsp.
Old Bay seasoning	2	Tbsp.
Tabasco sauce	2	tsp.
<b>Remoulade Sauce</b>		
Egg-free mayonnaise	1	cup
Ketchup	1	Tbsp.
Dijon mustard	1	Tbsp.
Tabasco sauce	1	tsp.
Vegan Worcestershire sauce	1	tsp.
Lemon juice, fresh	1	Tbsp.
Salt	¼	tsp.
Shallots, minced	2	tsp.
Parsley, fresh, chopped	1	tsp.
Red bell pepper, small dice	2	tsp.
Capers, minced	2	tsp.



# Crabbyless Crab Cakes Continued

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## Preparation

1. In a sauté pan, heat two tablespoons of oil over medium heat. Sautee onions, bell peppers, and garlic until tender, 2-3 minutes. Remove from the pan and place in a mixing bowl and allow to cool.
2. Blend the onion and bell pepper mixture with nori flakes, hearts of palm, other half of oil, eggless mayonnaise, nutritional yeast, two cups of the breadcrumbs, salt, pepper, old bay seasoning, vegan Worcestershire sauce, and tabasco sauce.
3. Scoop out into 3-ounce balls.
4. Press into patties.
5. Coat each patty in the remaining 1 cup of breadcrumbs.
6. Pan fry in the remaining oil until golden brown.
7. For the Remoulade: Place all the ingredients in a jar of a blender. Blend on high for one minute, or until completely smooth. Scrape the sides and blend again as needed. Remove the sauce from the jar and place into a container and refrigerate.

## Serving Information

Serve with 1-2 tablespoons of the Remoulade.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 460 Total Fat: 33.6g Saturated Fat: 2.2g Monounsaturated Fat: 19.3g Polyunsaturated Fat: 10g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31.6g Fiber: 4.4g Total Sugars: 3.94g Protein: 7.8g Sodium: 1548mg Vitamin A: 24µg Vitamin C: 24mg Calcium: 99mg Iron: 3.8mg Folate: 258µg

