

Crab Cakes

¼ cup red pepper, chopped

¼ yellow onion, chopped

3 tablespoons may, low-fat

½ cup panko breadcrumbs

Directions: heat olive oil in a skillet to medium heat. Combine the remaining ingredients. Place a spoonful of mixture into skillet and form patty with spoon. Cook until brown on both sides. Repeat with remaining mixture.

Roasted Potatoes

2 potatoes, cut into 1” cubes Mrs. Dash (to taste)

¼ yellow onion, diced Olive Oil

1 small carrot, diced

Combine potatoes, onions, and carrots with Mrs. Dash and olive oil in roasting pan. Roast in 375° oven for 25 minutes until veggies are tender.