

## **Crab Cakes**

2 tsp oil

¼ cup red pepper, chopped

¼ yellow onion, chopped

3 Tbsp mayonnaise, low-fat

½ cup panko breadcrumbs

1 tsp old bay seasoning

One egg, lightly beaten

1 can of crab

**Directions:** Heat 1 tsp oil in a skillet to medium heat and sauté pepper and onions until translucent (3-5 min), let cool. In a medium bowl mix red pepper, onion, mayo, breadcrumbs, old bay seasoning, egg, and crab. Reheat skillet with 1 tsp oil to medium heat. Place a spoonful of mixture into skillet and form patty with back of spoon. Cook until brown on both sides. Repeat with remaining mixture.