



CRAB CAKES

- 1 TBL. PLUS 2 TSP. LEMON PEPPER OLIVE OIL
- 2 SCALLIONS, THINLY SLICED
- ½. CUP FINELY CHOPPED RED BELL PEPPER
- 1 CUP PANKO BREADCRUMBS
- 1 LARGE EGG, LIGHTLY BEATEN
- 2 TBL. NONFAT MILK
- 1 TSP. WORCESTERSHIRE SAUCE
- 2 TSP. DIJON MUSTARD
- 1 TBL. FRESH LEMON JUICE, PLUS LEMON WEDGES FOR SERVING
- 1/2 TSP. OLD BAY SEASONING
- DASH OF HOT SAUCE
- 1 LB. LUMP CRAB OR CRAB CLAW MEAT, PICKED OVER
- KOSHER SALT AND FRESHLY GROUND PEPPER
- OLIVE OIL COOKING SPRAY

HEAT 2 TSP. OLIVE OIL IN A LARGE NONSTICK SKILLET OVER MEDIUM TO HIGH HEAT. ADD THE SCALLIONS AND BELL PEPPER AND COOK UNTIL THEY BEGIN TO SOFTEN ABOUT 2 MINUTES. COOL SLIGHTLY.

MIX ½ CUP PANKO, THE EGG AND MILK IN A SMALL BOWL.

IN A MEDIUM BOWL, WHISK THE WORCESTERSHIRE SAUCE, MUSTARD, LEMON JUICE, OLD BAY AND HOT SAUCE.

FOLD IN THE CRABMEAT, PANKO MIXTURE SCALLION-BELL MIXTURE, 1/4 TSP. SALT AND PINCH OF PEPPER. SHAPE INTO 8 PATTIES AND REFRIGERATE 30 MINUTES.

COAT THE CRAB CAKES WITH THE REMAINING 1/2 CUP PANKO CRUMBS. MIST THE CRAB CAKES WITH COOKING SPRAY AND COOK, SPRAYED-SIDE DOWN 3 TO 4 MINUTES. SPRAY THE TOPS, FLIP AND COOK 3 TO 4 MINUTES.

SERVE WITH LEMON WEDGES.