

SEAFOOD CAKE

2 Tbsp green onions
1 Tbsp chopped fresh parsley
1-1/2 Tbsp low fat mayonnaise
1 Tbsp fresh squeezed lemon juice
1 large egg
1 lb salmon, chopped
(substitute crab meat for crab cake)
1/3 cup panko (Japanese bread crumbs)
Salt and pepper to taste

Combine all ingredients and shape into 3-inch patties. Pan sear to 165 degrees and serve warm with remoulade.

Makes 4 servings of 2 each

Two Seafood Cakes topped with remoulade

Calories: 292

Saturated Fat: 1.6 grams

Total Fat: 15.1 grams

Total Carbs: 6.5 grams

REMOULADE

1/4 cup low fat mayo
1 Tbsp chopped shallot
1-1/2 Tbsp capers drained and chopped
(may leave whole)
2 tsp creole mustard
1 tsp fresh lemon juice
Salt and pepper to taste

Combine all ingredients and whisk until well blended. Top seafood cake with remoulade.

