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*by ewfood*

## Easy Crab Cakes



## Ingredients

1 cup seasoned bread crumbs, divided  
2 green onions, finely chopped  
1/4 cup finely chopped sweet red pepper  
1 egg, lightly beaten  
1/4 cup reduced-fat mayonnaise  
1 tablespoon lemon juice  
1/2 teaspoon garlic powder  
1/8 teaspoon cayenne pepper  
2 cans (6 ounces each) crabmeat, drained, flaked and cartilage removed  
1 tablespoon butter

## Preparation

- 1 1. In a large bowl, combine 1/3 cup bread crumbs, green onions, red pepper, egg, mayonnaise, lemon juice, garlic powder and cayenne
- 2 2. fold in crab.
- 3 3. Place remaining bread crumbs in a shallow bowl.
- 4 4. Divide mixture into eight portions
- 5 5. shape into 2-in. balls.
- 6 6. Gently coat in bread crumbs and shape into a 1/2-in.-thick patty.
- 7 7. In a large nonstick skillet, heat butter over medium-high heat.
- 8 8. Add crab cakes
- 9 9. cook 3-4 minutes on each side or until golden brown.
- 10 10. Yield: 4 servings.

## Cooks Note

Source: [www.tasteofhome.com/recipes/easy-crab-cakes](http://www.tasteofhome.com/recipes/easy-crab-cakes) [6]