

Core Cooking with Mandie Shockley

Summer Crab Cakes with Red Pepper & Dill



INGREDIENTS

Makes 4, 4oz Crab cakes

16 oz. jumbo lump crabmeat

¼ cup diced organic red pepper

¼ cup sliced green peppers

Zest of 1 whole organic lemon

2 Tablespoons fresh dill

2 Tablespoons fresh parsley

2 egg whites whisked with a splash of water

INSTRUCTIONS

Turn broiler to high.

Combine first 6 ingredients in a bowl and gently mix. (Make sure to not over mix the crabmeat to prevent it from becoming stringy). Evenly divide mixture into four cakes and place on a baking sheet. Pour a little extra egg white over the top of each crab cake and place under the broiler until browned, roughly 5 minutes, but watch closely

This recipe tastes great with grilled romaine lettuce and Shallot Dijon Mustard Vinaigrette