

## Blue is Better Recipe (Serves 4) Crab Cakes with Yogurt Tarter Sauce

### Ingredients

- 1/2 c. fat-free plain yogurt
- 1 Tbsp. reduced-calorie mayo
- 2 cloves garlic, minced
- 1 tsp. lime juice
- 1/4 c. egg substitute
- 1 Tbsp. Dijon mustard 1 Tbsp. fat-free plain yogurt
- 2 tsp. lite soy sauce
- 1/3 c. finely chopped celery & 1/3 c. finely chopped green onions
- 1/4 c. fine dry breadcrumbs
- 1 tsp olive oil
- 8 oz. crabmeat, cooked, cartilage removed

### Preparation Instructions

1. In small bowl, stir together first 6 ingredients & set aside the sauce.
2. In medium bowl, combine the remaining ingredients except the olive oil & mix thoroughly.
3. Form the crab mixture into 16 patties. Heat 1/2 tsp oil in large skillet over medium heat. Cook 8 crab cakes for 3 minutes each side until golden brown
4. Heat the remaining oil in the skillet & cook the rest of the crab cakes. Serve with the sauce.

### NUTRITION FACTS

#### Serving Size

4 crab cakes

#### Amount Per Serving:

<b>Calories</b> .....	132
Calories from Fat.....	33
<b>Total Fat</b> .....	4 g
Saturated Fat.....	1 g
<b>Cholesterol</b> .....	50 mg
<b>Sodium</b> .....	478 mg
<b>Carbohydrate</b> .....	10 g
Dietary Fiber.....	1 g
<b>Protein</b> .....	15 g

