

Crab Cakes with Spinach/Strawberry Salad

Fresh crab meat is the feature in these patties, flavored with toasted fennel seeds and paprika, and served with a light curry white sauce. Add a fresh spinach and seasonal strawberry salad with toasted sliced almonds. A perfect summer meal!

Preparation time: 35 minutes

Servings: 2-4

Ingredients:

- 1 C. quinoa mixed with 2 C. water *Use 3/4 C. - 4.9 oz. - cooked quinoa per diner*
- 2 T. lemon juice - 1 fl. oz. -
- 4 T. toasted, sliced almonds . - 1.2 oz. -

Crab Cakes

- 12 oz. - fresh, cooked crab meat
- 2/3 C. finely-chopped yellow onion - 2.6 oz. -
- 1/2 C. finely-chopped celery - 2.2 oz. -
- 1/2 C. finely-chopped red bell pepper - 1.4 oz. -
- 2 T. parsley (*coarsely-chopped*) - .28 oz. -
- 3/4 C. unseasoned bread crumbs - 2.9 oz. -
- 3 egg whites (*slightly-beaten*) - 2.8 oz. -
- 2 T. nonfat milk - 1.2 fl. oz. -
- 1 tsp. Dijon mustard - .18 oz. -
- 1/2 tsp. ground fennel seed . - .04 oz. -
- 1 tsp. smoky paprika - .08 oz. -
- (no salt required as cooked crab has been salted)
- 1/2 tsp. black pepper - .04 oz. -

Spinach/Quinoa Salad

- 1 bunch fresh spinach - 8 oz. - or 1 large bag baby spinach (*double washed and chopped*)
- 1 T olive oil - .56 fl. oz. -
- 1 T. low sodium vegetable broth - . 52 oz. -
- 2 tsp. balsamic vinegar - .37 fl. oz. -
- (3/4 C. cooked quinoa from above)
- 1 C. sliced strawberries - 5.6 oz. -
- 1-1/2 C. cucumber (*peeled and chopped*) - 5.1 oz. -
- 4 T. toasted, sliced almonds (*from above*)

- 3 T. shaved Parmesan Cheese - .53 oz. -

Instructions:

- **Bring quinoa and water to a hard boil. Cover and turn off heat.**
- **(Set a cookie sheet in the oven and preheat to 375°.**
- **Juice ½ a lemon and set 3 T. lemon juice aside. Toss into quinoa just before serving.**
- **Toast almond slices on stovetop or in a toaster oven. Set aside.**

Crab Cakes

- **Mix Crab, chopped ingredients and bread crumbs in a large bowl. Then whisk egg whites and milk and mustard together. Whisk spices into egg and milk mixture. Pour liquid over dry and mix thoroughly until you can shape mixture into 2-1/2" round patties. Form patties and set aside on a piece of parchment paper in the fridge.**

Make basic white sauce (Extra Recipe Info.) without seasoning and let stand on turned off burner while you wash and de-stem spinach for salad. Do not add final spices and yogurt yet.

Spinach/Strawberry Salad

- **Thoroughly wash spinach. Lightly chop or break-up large leaves and toss with oil, broth and vinegar. Add ¾ C. cooked quinoa, sliced strawberries and cucumber. Gently toss again.**
- **Shave some Parmesan and use it to garnish salads.**

Finish Sauce and Bake Crab cakes

- **Measure ¾ C. white sauce. Reheat, and stir in 1 tsp. butter and ½ tsp. dry coriander. Cook over low heat for 5 minutes. (Store unused white sauce in fridge.) Now add ¼ C. yogurt to tonight's sauce. Remove from heat.**
- **Slide crab cakes on parchment and place on preheated cookie sheet in oven. Set timer for 15 minutes. Remove from oven and allow to cool 5-minutes before removing to plates.**

Serve a small ladle of coriander/lemon sauce on each plate and top with 2 crab cakes. Spoon 1-1/2 C. salad per serving onto plate alongside crab cakes. Shave Parmesan over salad. Woohoo!

Extra Recipe Info.

White Sauce

This works great as a starting point for many white sauces. It is an excellent replacement for Béchamel sauce as it has a fraction of the saturated fat and is very satisfying as a white sauce for pizza. Tonight you'll leave out the normal spices and use a different combination of spices.

Preparation time: 20-25 minutes.

Serves: 4 plus leftovers

Ingredients:

2 cloves garlic - .22 oz. - *(smashed and chopped)*

1/3 C. chopped white onion - 1.7 oz. - *(finely-chopped)*

1/2 C. low-sodium vegetable broth - 4.1 fl. oz. -

1/4 C white wine - 2 fl. oz. -

1 bay leaf

2 T. cornstarch dissolved in 1/2 C. water

1/4 C. shredded Parmesan cheese - .52 oz. -

a dash Tabasco sauce - .02 oz. -

3/4 C. of basic sauce from above ingredients *(store remaining basic sauce in fridge.)*

1/2 tsp. coriander - .04 oz. -

1 tsp. curry powder - .15 oz. -

1/2 tsp. nutmeg - .04 oz. -

2 T. lemon juice - 1.1 fl. oz. -

1/2 tsp. honey - .73 oz. -

1/2 C. plain, non-fat yogurt - 4.1 oz. - *(stirred smooth)*

Instructions:

- **Chop garlic and set aside. Chop onion.**
- **Measure broth, wine, garlic and onion into a medium saucepan. Bring to boil and cook 1 minute**
- **Add bay leaf.**
- **Remove from heat. Slowly add cornstarch dissolved in water. Return to heat and keep stirring as it thickens. Reduce heat to low and continue stirring until boil settles down (about 2 minutes).**
- **Add cheese and Tabasco. Cover and turn off heat. Leave pan on burner for 10-15 minutes.**
- **Tonight you'll measure out 3/4 C. of basic sauce and add 1 T. lemon juice, 1/2 tsp. ground coriander, and 1 tsp. butter to the mixture. Return to boil after adding spices and remove from heat.**

- **Store remaining unseasoned sauce in fridge.**
- **Stir in yogurt just before serving and rewarm slightly on the stovetop. Stay with it as you rewarm and do not allow it to boil.**

Spoon pools of sauce on serving plates and place crab cakes over sauce.