



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Easy Crab Cakes & Salad with Avocado Dressing

In the past, Americans were advised to limit their intake of cholesterol in order to prevent and treat heart disease. As a result, certain types of seafood high in cholesterol, like crab and shrimp, were avoided. However, research has now proven that dietary cholesterol has very little impact on blood cholesterol levels and its intake does not increase the risk of heart disease. The fact is many foods you may think are "bad" for you, like eggs, shrimp and crab, dark chocolate, etc., actually help protect you from chronic diseases and promote weight loss.

The [Dietary Guidelines for Americans](#) (DGA) no longer recommends that Americans limit their cholesterol intake. Instead, the DGA advises Americans to focus on saturated fat and limit their intake to less than 10% of their total calories for the day. One way to accomplish this is to choose mostly nutrient dense foods such as lean protein foods, whole grains, non-fat milk products and plenty of fruits and vegetables while also paying attention to the level of saturated fat on the Nutrition Facts label.

To build a healthy eating pattern, barring any food allergies, fish and shellfish should be included in your diet. The USDA recommends that seafood (fish and shellfish) should be the main protein source on Americans' plates twice a week because it contains key vitamins and minerals along with essential fatty acids (omega 3) that are very beneficial to health. It is best to meet this recommendation by consuming a variety of fish and shellfish.

Crab meat can be a waist friendly part of building a healthy eating pattern. In fact, crab meat provides omega 3 fatty acids and is considered a low calorie source of protein. A 3 oz. portion of crab is only 86 calories, and provides 18 grams of protein.

This meal shows how canned crabmeat is conveniently used to meet the USDA weekly fish and shellfish consumption recommendations. These quick crab cakes served alongside a leafy green salad are even company worthy!



Directions:

1. In a large bowl, combine 1 large egg, 2 ½ tbsp. mayonnaise, 2 tsp. seafood seasoning, and 2 - 3 tbsp. of very finely minced onion. Whisk the items together until the egg is well blended.
2. Add to the mixture: 3 tbsp. of panko crumbs and 12 oz. of crabmeat that has been drained and flaked (gently broken apart). Gently fold ingredients together.
3. Heat 1 tbsp. of olive oil in a large skillet over medium heat. Quickly form 4 equal sized crab patties.
4. Add the patties to the oil and cook each side until lightly - golden browned (about 3-4 minutes on each side).
5. Remove the patties from the pan and let rest on a paper-lined plate to absorb excess oil.

Serves: 4

6. Quickly toss together, 10 - 12 oz. bag of mixed salad greens with 2 celery stalks, sliced, ½ cup dried fruit, chopped (use your favorite, like raisins, cranberries, blueberries, etc.). Peel and mash 1 avocado, mix with 1-2 tbsp. vinegar (balsamic works best) and 2 tbsp. olive oil, and then drizzle and toss into the leafy green mix.

7. Serve each plate with 1 crab cake and 1/4 the leafy salad.

Tips:

Try serving the crab cake on a whole wheat bun.

Spice things up by adding a little hot sauce.

To make the cakes a bit fluffier, whisk 1 egg white until soft peaks form and fold the egg white into the mix in step 2.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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