



Crab Cakes

Ingredients

- ¼ cup chopped celery
- ¼ cup chopped scallions
- ¼ cup avocado mayonnaise
- 1 large egg
- 1 Tbs Dijon mustard
- ¼ tsp. himilayan sea salt
- ½ tsp. Old Bay seasoning
- Pinch of cayenne (optional)
- 1 lbs. fresh lump crab meat
- 1 cup panko breadcrumbs
- 2 Tbs. California olive oil

Supplies

- [Cast Iron Skillet](#)
- [Non-toxic cutting board](#)
- [Cutlery Knives](#)

Serves 4. Enjoy these scrumptious crab cakes with family and friends.

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Directions

1. Mix first 7 ingredients in medium bowl.
2. Add in Crab meat, just enough to mix.
3. Spread panko crumbs in a dish.
4. Shape crab mixture into patties.
5. Press crab cakes into panko crumbs, just enough to stick.
6. Cover & set in fridge for at least 1 hr.
7. Heat olive oil in a skillet on medium-high heat.
8. Add crab cakes in batches, cooking approx. 4 minutes per side.
9. Finish fresh squeeze lemon (optional).