



**Catholic
Health Services**
of Long Island
At the heart of health

Baked Lump Crab Cakes With Red Pepper Chipotle Lime Sauce

Serves 4/serving size 1 cake

Ingredients

For the crab cakes:

9 ounce lump crab meat, picked free of shells

½ cup (approx. 15) unsalted saltine crackers

1 whole egg plus 1 egg white, beaten

2 finely chopped scallions

2 tbsp. finely chopped red bell pepper

1 tbsp. light mayonnaise

2 tbsp. fresh cilantro (or parsley)

½ lime, juiced

2 tbsp. butter

Salt and pepper to taste

For the zesty chipotle lime sauce:

1 tbsp. roasted peppers (jarred)

½ cup light mayonnaise

1 tsp. minced canned chipotle
chilies in adobo sauce

1 tsp. fresh lime juice



Preparation

Red pepper chipotle lime sauce:

In a small blender puree mayonnaise, lime juice, roasted pepper and chipotle pepper until smooth.

Crab cakes:

In a large bowl, combine crushed crackers, eggs, scallions, pepper, mayonnaise, cilantro, lime juice, salt and pepper. Mix well, then fold in crab meat, being careful not to over mix, so the crab remains in large chunks. Gently shape into patties, using a ½ cup measuring cup.

Chill in the refrigerator at least ½ hour before cooking.

In a large sauté pan, on medium high heat, melt butter and sauté crab cakes for 5 minutes on each side until golden brown and an internal temperature of 160°F is reached.

Drizzle red pepper chipotle lime sauce over crab cakes and serve.