

CRAB CAKES

(adapted from [Recipe Girl](#))

12 square saltine (soda) crackers, crushed into crumbs

½ cup chopped fresh parsley

2 tablespoons low fat plain yogurt

½ cup chopped roasted red pepper (store-bought is fine)

1 tablespoon water

1 tablespoon freshly squeezed lime juice

2 to 3 dashes Sriracha sauce or more to taste

salt, to taste

1 pound fresh crab meat, picked over for shells and cartilage (I used ¾ pound)

2 large egg whites

Heat the oven to 425°F, and line a large baking sheet with non-stick aluminum foil or parchment paper.

In a large mixing bowl, combine the saltine crumbs and parsley. Stir all the ingredients except the egg whites together, mixing them gently but well. Lightly whisk the egg whites in a small bowl, then add to the mixture, incorporating it well.

Form small crab cakes and arrange them 1-inch apart on the prepared baking sheet. Bake for 10 to 12 minutes, turning the crab cakes with a spatula after 6 minutes. The crab cakes are done when they are browned and cooked through.