

Crab Cakes **by Laura**

6-8 saltine crackers, crushed fine
2 eggs, beaten
½ teaspoon dried mustard
½ teaspoon fine pepper
½ teaspoon Old Bay seasoning
½ teaspoon Worcestershire
½ teaspoon dried parsley
1 teaspoon fine salt
1 teaspoon dried onion powder
¼ teaspoon black pepper
Zest of 1 lemon
1lb container lump crab meat

- Mix all the ingredients together except the crab meat.
- Add the crab meat and incorporate.
- Make small patties of the crab meat mixture.
- Pan fry in butter until lightly brown.
- Serve warm, either plain or with Tartar Sauce.

Smarter Tartar Sauce

6 T nonfat plain yogurt made into yogurt cheese
2 T mayonnaise
1 scallion, chopped
¼ cup dill pickle relish
1 T capers, drained
1 teaspoon fine salt