

## Crab Cakes with Sweet & Sour Sauce

*Sure to be a favorite at your house, this recipe is quick and easy to make. The sauce really tops it off!*

Serves: 6

### Ingredients

- 15 ounces crab meat (about 2 cups) – fresh, frozen (thawed) or canned
- 1½ cups soft bread crumbs (use fresh bread heels you have on hand)
- 1 1/3 cup minced green onion
- 1/3 cup celery, minced
- 4 1/2 tablespoons mayonnaise (Look for one made with cold pressed oils.)
  - 1 egg, slightly beaten
  - dash salt & pepper
  - flour
- 4½ tablespoons vegetable oil (Cold pressed or non-hydrogenated)

### Directions

1. Combine all ingredients except flour and oil. Mix well.
2. Chill and get the rest of your meal put together (make the sweet & sour sauce, mix the salad, set the table, etc.).
3. Shape crab mixture into 6 cakes, about ¾ inch thick. Dust lightly with flour.
4. Sauté crab cakes in a little hot oil on both sides about 10 minutes or until golden brown.
5. Serve with warm sweet & sour sauce.

