



Recipe Details

Recipe Name - Crab Cakes

Recipe Steps -

Ingredients

- 1 (15 oz) can garbanzo beans/chickpeas, drained and rinsed
- 2 jars hearts of palm (25oz) total
- 1/4 cup salt and oil-free Hummus (make your own, it's delicious)
- 1 tsp vegan Worcestershire sauce or soy sauce
- Juice of 1 lemon
- 1 tsp Dijon mustard
- 3/4 cup green onion, diced
- 1 Tbsp. kelp granules
- 1 Tbsp. dried parsley
- 1 1/2 tsp Old Bay Seasoning (or any seafood seasoning)
- 1 tsp garlic powder

Instructions

1. In a bowl, break up the garbanzo beans/chickpeas and hearts of palm to make "crab". You can use a fork or your hands
2. Add the hummus (salt and oil-free), lemon juice, Worcestershire sauce, mustard, green onions, and all the dry seasonings; combine well
3. Place about 1/4 cup (or more) of the mixture into your hands to form a cake. Place the cake on a parchment-lined cookie sheet; if needed, gently flatten more to create the cake
4. Heat oven to 350 convection or 375 for a non-convection oven. Place cookie sheet in preheated oven for 20 to 25 minutes
5. Serve hot with cocktail sauce (fat-free) or vegan tartar sauce (contains fat), a lemon wedge, and top with chopped green onions (optional)
6. Enjoy!

