



## Low-Fat Crab Cakes

### Ingredients:

½ cup chopped green onions  
2 tbsp fresh parsley  
2 tbsp Greek yogurt  
1 tbsp lemon juice  
1 tbsp fat free mayonnaise  
1 tsp Worcestershire sauce  
1 pound flaked crab meat  
1 cup oatmeal  
2 egg whites

### Directions:

Combine the green onions, parsley, Greek yogurt, lemon juice, mayonnaise, Worcestershire, and egg whites in a bowl. Add to this the crab meat and 1/4 cup of the oatmeal, mixing well.

Form them into 8 patties and then coat them in the remaining oatmeal.

Note: You can add whatever additional spices you prefer to the oatmeal when coating.

Place the crab cakes on a plate that's been lined with wax paper and then allow it to sit in the fridge for at least 45 minutes.

Once finished, place on a non-stick baking sheet and bake at 350 degrees F for approximately 15 minutes or until golden brown in color.