

Baked Crab Cakes

[Billy Strykowski of Cooking Light Magazine](#)

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Ingredients:

- 1 pound lump crabmeat, drained and shell pieces removed
- 1/2 cup crushed whole wheat crackers (about 12 crackers)
- 1/3 cup finely chopped red bell pepper
- 1/3 cup finely chopped green bell pepper
- 1/4 cup light mayonnaise
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic powder
- 1 teaspoon prepared mustard
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon Hungarian hot paprika
- 1/8 teaspoon freshly ground black pepper
- 3 large egg whites
- Cooking spray
- 4 lemon wedges

Method:

1. Preheat broiler.
2. Combine first 12 ingredients in a medium bowl. Divide mixture into 4 equal portions, shaping each into a 1-inch-thick patty. Place patties on a baking sheet coated with cooking spray. Broil 3 inches from heat for 10 minutes or until browned. Serve with lemon wedges.

****Wine note:** Crab and chardonnay is a classic match because crab is meaty, rich, and sweet and chardonnay is buttery, rich, and a touch sweet, too. The key with these crab cakes is choosing a chardonnay that's not so oaky or toasty that it will overwhelm the finesse of the crab.