

# Crab Cakes

## Ingredients

- 3/4 cup Quaker® Oats-Old Fashioned
- 1 can (14.75 oz) crab meat
- 1/3 cup skim milk
- 1 egg, lightly beaten or 1/3 cup liquid egg substitute with 1 yolk
- 1 tbsp finely chopped onion
- 1/4 tsp salt (optional)

Sauce:

- 1/2 cup plain, nonfat yogurt
- 1/3 cup seeded, chopped tomato
- 1/3 cup seeded, chopped cucumber
- 1 tbsp finely chopped onion

## How to make it

1. In small bowl, combine sauce ingredients; mix well. Cover and chill while making crab cakes.
2. In medium bowl, combine ingredients for crab cakes; mix well.
3. Let stand 5 minutes then shape into 6 oval patties.
4. Lightly spray large nonstick skillet with cooking spray.
5. Cook crab cakes over medium heat 3 to 4 minutes on each side or until golden brown and heated through.
6. Serve with sauce.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	6

## Made with



**Quaker® Oats-Old Fashioned**