

Zucchini "Crab" Cakes

By: Dottie Baltz

The Old Bay Seasoning TM is what gives these cakes that crab flavor. The original recipe called for frying them in oil, but I tried baking them and I think they turned out great.

Makes 6 patties

2-1/2 cups grated zucchini, drained
1/4 cup egg substitute
1 tablespoon butter, melted
1 cup seasoned bread crumbs, plus 1/4 cup set aside
1/4 cup sweet onion, minced
1 teaspoon Old Bay Seasoning TM
Cooking Spray

Preheat oven to 425 degrees

Make sure you squeeze out any excess juice from the zucchini after it has been shredded. This is especially important if you are using zucchini that has been frozen. The easiest way to do this is by using a metal sieve or putting a small pile of zucchini in the center of a paper towel and then squeezing it by hand.

In a large bowl, combine zucchini, egg substitute, melted butter, 1 cup of the seasoned bread crumbs, onion, and seasonings and mix until well combined.

Shape mixture into six patties, place on a cookie sheet and cool in the refrigerator for 20-30 minutes. This makes the patties easier to handle before dredging. Remove patties from fridge, dredge in the 1/4 cup of seasoned bread crumbs, then place them on a cookie sheet that has been sprayed with non-stick cooking spray. The cooking spray helps them to brown and crisp up just like they had been fried in oil.

Bake for 20 minutes then flip them over, then bake for an additional 20-30 minutes or until patties are evenly browned and cooked through. Depending on your oven, cooking times may vary. Also, these can be cooked at a lower temperature for a longer period of time if needed.

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