



## VEGAN CRAB CAKES

**SERVES:** 4 (approx. 3 crab cakes each) **Prep Time:** 15 min. **Cooking Time:** 19 min.

**CONTAINER EQUIVALENTS** (per serving): ½ 1 1½

**VEGAN CONTAINER EQUIVALENTS** (per serving): ½ ½ 1½

<b>1¼ cups</b>	<b>canned chickpeas (garbanzo beans), drain reserving liquid, rinsed</b>
<b>1¼ cups</b>	<b>hearts of palm</b>
<b>2 Tbsp.</b>	<b>vegan mayonnaise</b>
<b>2 tsp.</b>	<b>Dijon mustard</b>
<b>2 tsp.</b>	<b>Worcestershire sauce, vegan, gluten-free</b>
<b>1 tsp.</b>	<b>Old Bay Seasoning®</b>
<b>¼ tsp.</b>	<b>sea salt (or Himalayan salt)</b>
<b>¼ cup</b>	<b>thinly sliced green onions</b>
<b>2 Tbsp.</b>	<b>chopped fresh parsley</b>
<b>½ cup</b>	<b>gluten-free panko bread crumbs</b>

1. Place chickpeas and hearts of palm in food processor; pulse until flaky. Set aside.
2. Place 3 Tbsp. reserved chickpea liquid in a medium mixing bowl; whisk until foamy.
3. Add mayonnaise, mustard, Worcestershire sauce, seasoning, salt, green onions, and parsley; mix until thoroughly combined.
4. Combine chickpea mixture and bread crumbs in a medium bowl.
5. Gently fold in mayonnaise mixture; mix until just combined (try not to overmix). Form mixture into twelve patties (approx. ¼ cup each). Set aside.
6. Heat large cast-iron (or nonstick) skillet, lightly coated with spray, over medium-high heat.
7. Add 3 to 4 patties, taking care not to overcrowd skillet; cook for 3 minutes on each side, or until golden brown and crispy. Repeat with remaining patties.

### SPECIAL EQUIPMENT:

Olive oil cooking spray

### RECIPE NOTE:

Serve 3 crab cakes with 2 Tbsp. vegan tartar sauce (if desired). Make sure you add 1 Orange Container (Seeds & Dressings) and ½ tsp. (Oils & Nut Butters) to your containers if you're using 2 Tbsp. of vegan tartar sauce.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 165 **Total Fat:** 6 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 844 mg **Carbohydrates:** 22 g **Fiber:** 5 g **Sugars:** 2 g **Protein:** 5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.