

Crab_Cakes:

Ingredients:

- 1 pound lump crab meat
- 1/2 cup breadcrumbs
- 1/4 cup light mayonnaise
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped green onions
- 1 egg
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon Old Bay seasoning (or your preferred seafood seasoning)
- Salt and pepper to taste
- Olive oil for cooking

Instructions:

1. In a large bowl, combine crab meat, breadcrumbs, mayonnaise, red bell pepper, green onions, egg, Dijon mustard, parsley, Old Bay seasoning, salt, and pepper. Mix until well combined.
2. Form the mixture into crab cakes of your desired size.
3. Heat a skillet over medium heat and add a small amount of olive oil.
4. Cook the crab cakes for about 4-5 minutes on each side or until they are golden brown and cooked through.

Side:

1. Coleslaw:

Ingredients:

- 4 cups shredded green cabbage
- 1 cup shredded carrots
- 1/2 cup light mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine shredded cabbage and carrots.
2. In a separate bowl, whisk together mayonnaise, apple cider vinegar, honey, salt, and pepper.
3. Pour the dressing over the cabbage and carrots and toss to combine.

You can now easily copy and follow this structured recipe format for Crab_Cakes with coleslaw as a side. Enjoy your meal!