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## ***Weight Watchers Crab Cakes***

¼ cup reduced fat mayo

Large egg

1/3 finely chopped shallots

1/3 finely chopped red bell pepper

2 tablespoons lemon juice

2 teaspoons chopped fresh thyme

½ teaspoon salt

6 slices white bread made into fine crumb (I used Weight Watchers wheat bread)

1 lb cooked lump crab meat

1¼ teaspoons olive oil

Combine mayo, egg, shallots, pepper, lemon juice, thyme, & salt. Add 1 1/3 cup bread crumbs and crab meat. Cover and refrigerate about 2 hrs. Form crab mixture into 24 mini crab cakes. Coat with remaining bread crumbs. Place on wax paper. Preheat oven to 350. Spray non-stick baking sheet with fat free spray. Over medium high heat, heat oil. Add 8 of the crab cakes and cook until golden, 1½ to 2 min on each side. Transfer to baking sheet. Repeat until all crab cakes are made. Bake until cooked through 8-10 minutes.

*Sweetnicks' Notes: Excellent.*