



The pursuit of  
wellness



## Crab Cakes with Lime Cilantro Yogurt

### Ingredients:

- 8 oz canned chunk crabmeat, drained
- 1 cup ricotta cheese
- 1 cup breadcrumbs
- ½ cup sliced green onions
- 2 tbsp mayonnaise
- ½ tsp dry mustard
- ½ tsp lemon juice
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ¼ tsp ground black pepper
- 8 soda crackers, crushed
- 1 tsp vegetable oil
- 1 cup plain yogurt
- 1 tbsp fresh lime juice
- 1 tsp lime zest
- 1 tsp honey
- ¼ cup chopped fresh cilantro



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### Directions

1. In a large bowl, mix together crabmeat, Ricotta cheese, breadcrumbs, green onions, mayonnaise, dry mustard, lemon juice, cayenne pepper, garlic powder and black pepper. Using a 1/3 cup of the crabmeat mixture, form eight patties into 1/2-inch-thick pieces. Coat the patty with crushed crackers.
2. Heat oil in a large non-stick skillet over medium-low heat. Fry cakes, covered, for 5 minutes on each side, or until golden brown.
3. In a medium sized bowl, whisk together yogurt, lime juice, lime zest, honey and chopped cilantro. Serve alongside warm crab cakes.

**Source:** <http://www.cookspiration.com/recipe.aspx?perma=QSrV786dD5H&d=56&i=6&s=2>