

“Crab” Cakes

Serves 6*

Ingredients:

- 1 (14–15 oz) can hearts of palm, drained and rinsed
- 2 tablespoons lemon juice
- 1/3 cup vegan mayonnaise
- 1/4 cup finely chopped green onion
- 1 teaspoon Old Bay seasoning
- 2/3 cup gluten free panko breadcrumbs (1/3 cup for mix, 1/3 cup for dredging)
- 1 teaspoon dried parsley
- 1/8 teaspoon of each salt and pepper

Instructions:

Heat oven to 400 degrees Fahrenheit. Line a rimmed baking sheet with parchment paper or foil.

Thinly slice hearts of palm lengthwise, then cut crosswise. Transfer to a bowl and break apart into shreds.

In another bowl, whisk together mayonnaise, Old Bay, parsley, salt, pepper and lemon juice. Stir in shredded hearts of palm and green onion until combined. Sprinkle 1/3 cup of panko breadcrumbs over mixture and mix thoroughly, being careful not to mash it. Form mixture into 6 equal patties.

Spread the remaining 1/3 cup panko breadcrumbs into a dish. Dredge patties in panko and press gently to adhere.

Place patties onto the baking sheet and spray with cooking spray. Bake for 18-22 minutes or until golden brown. Optional: serve with additional chopped green onion and squeeze of lemon.

Kcal: 111

Protein: 2 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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