



STRETCH THE FOOD DOLLAR “CRAB CAKE” SALAD

MACROS | SERVING SIZE

Protein 36g | Fat 22g | Carbs 37g

% CALORIES OF MACROS | SERVING SIZE

Calories 485 | Protein 29% | Fat 40% | Carbs 30%

NUTRIENTS | SERVING SIZE

Fiber 7g | Sodium 965mg | Sat. Fat 3g

INGREDIENTS (serves 4)

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| 12 oz. canned crab | 3 tbsp. Dijon mustard, divided |
| 6 oz. canned albacore tuna in water | ¾ cup panko crumbs (preferably whole wheat) |
| ½ cup celery, diced | 4 tbsp. canola oil, divided |
| ½ small yellow onion, diced | 1 tsp. lemon or lime juice |
| 2 tbsp. yellow, red or green bell pepper, diced | 12-16 oz. fresh mixed salad greens or baby spinach |
| 1/3 cup of mashed avocado (consistency of mayo) | 1 mango, peeled and diced |
| 2 tbsp. freshly chopped cilantro | ¼ cup crushed walnuts (optional) |
| 2 tbsp. nonfat, plain Greek yogurt | Black ground pepper to taste |
| 1 large egg | |
| 1 ½ tsp. hot sauce | |
| 2 tsp. Worcestershire sauce | |

DIRECTIONS

1. Place the diced celery, onions and bell pepper in a microwave safe dish. Add the hot sauce, Worcestershire sauce and an additional 1 tbsp. of water. Cover and microwave for 3 minutes. Set aside to cool when done.
2. In a large bowl, mix the mashed avocado with the spices, egg, yogurt and 1 tbsp. of Dijon mustard until completely blended. Add the cooked and cooled vegetables.
3. Gently fold in the tuna, crab and panko until well mixed.
4. Form 4 even sized patties with the mixture.
5. In a large skillet bring 2 tbsp. canola oil to temperature of medium-high heat.
6. Place the formed patties in the skillet and quickly brown each side (about one minute per side). Turn down the heat to medium and cook until heated through, carefully flipping occasionally to prevent burning.
7. While the cakes are cooking, in a mason jar or a container that has a lid, add the remaining oil, Dijon mustard and lime or lemon juice. Cover and shake well and the lightly salt and pepper to taste.
8. Serve each crab cake on a top of ¼ of the greens, top with ¼ of the mango. Sprinkle ¼ of the nuts (optional) over the greens.
9. Drizzle ¼ of the dressing over the salad and use a little to top the crab cake.

NOTES

- Nutrition analysis is based on the use of 6 oz. of fresh arugula, 10 oz. fresh spinach leaves, dried bread crumbs in place of panko, and lime juice. Optional ingredients are not included.
- Dijon mustard could not be included in the analysis because the ingredient was not available in the database. The impact on calories would be minimal; however, the sodium level would increase by about 100 mgs per serving.
- To decrease sodium about, consider using low-sodium canned tuna and gently rinsing the crab meat and let drain.

NUTRITION EDUCATION

By now, most know that the best way to improve the quality of nutrition in their diet is to cook more meals at home and moderate the intake of overly processed foods. The first part of this message is entirely true when care is taken to choose high-nutrition quality products while keeping portion sizes in check.

When cooking at home, focus on healthy protein sources without breaking the bank. To keep the intake of unhealthy fats and calories in check while assuring adequate intake of crucial vitamins and minerals, the strategy for meeting your protein needs should be consuming various foods. Although chicken, pork, lamb, and dairy are great protein sources, it's important to choose lean cuts and low-fat versions. Remember that animal products shouldn't be your sole source of protein.

There is no harm in aiming for a fair amount of protein from plant-based foods (fruits, vegetables, grains, nuts and seeds, and legumes) and seafood. Doing so will make it easier to keep your calories and saturated fat in check while assuring you are consuming key vitamins, minerals, and essential phytochemicals to keep your body performing optimally while lowering your risk of certain diseases.

When making a diet change aiming toward optimal nutrition, many experts will advise focusing on lean meats. Many recipes that support this will default to chicken breasts or plant-based proteins. Consider taking some of those recipes and swapping the chicken with fish. Shellfish, like the crab meat in this recipe, is a good source of protein, low in fat and carbs, and rich in Omega-3 fatty acids, which help lower the risk of heart disease.

DIETITIAN TIP

On average, a 3 oz. portion of animal meat provides 21 grams of protein and is about the size of a deck of cards.