



Hearts of Palm Crab Cakes

Ingredients:

- 2 cups hearts of palm, drained, rinsed, and minced
- ¼ cup Walden Farms mayonnaise
- 1 teaspoon Old Bay or other seafood seasonings
- 1/8 teaspoon fine sea salt
- 1/8 teaspoon freshly cracked black pepper
- ¼ cup finely chopped green onions
- 1 pack crushed Ranch Balls
- chopped parsley
- Cocktail sauce

Directions:

1. Preheat oven to 400F. Line a rimmed baking sheet with parchment paper.
2. Mince hearts of palm;
3. In another medium bowl, whisk together Walden Farms mayo, Old bay seasoning, salt and pepper until well blended. Stir in hearts of palm and green onions until well combined(I like to get my hands in, to break up hearts of palm).
4. Sprinkle half the crushed Ranch balls over hearts of palm mixture and mix thoroughly (do not mash).
5. Form into 14 1.2 inch thick patties (I used a #40 cookie scoop to portion).
6. Spread the remaining crushed ranch balls in a small dish. Dredge patties in ranch ball crumbs, pressing gently to adhere. As they are dredged, place patties on prepared baking sheet, spacing them evenly. Spray with cooking spray.
7. Bake for 18 to 20 minutes until golden brown.

Servings: 1

Each serving = 2 cups occasional vegetable, 1 Diet Right product

716-320-1515
DietMentor.com
info@dietmentor.com