

## **Crab Cakes with Salsa Sauce**

This has become a summertime favorite for us. It's great served with corn on the cob topped with salt free butter and/or quinoa cooked with water only. The addition of no-salt foods to the meal helps to balance the amount of sodium in the crab cakes/sauce. I use gluten free bread, fat free or low fat mayo and sour cream, and imitation crab. Our favorite low-sodium salsa has only 20 mg of sodium per tablespoon—and it's great!

### SALSA SAUCE

1/2 cup mayonnaise  
1/2 cup sour cream  
1/2 cup hot low-sodium salsa

### CRAB CAKES

1 hamburger bun  
1 lb. crabmeat or imitation crab  
1 T fresh parsley, minced  
1 T mayonnaise  
1 T no-sodium baking powder  
2 eggs  
1 T Worcestershire sauce  
1 tsp. Old Bay Seasoning  
Grapeseed oil

Stir together equal parts mayonnaise, sour cream, and salsa; chill in refrigerator while you prepare the crab cakes.

For crab cakes: Break bread into pieces. Place in a food processor and process to a fine consistency. Pour into a large mixing bowl.

Coarsely chop crabmeat. Place in a food processor and process to a fine consistency. Add to the breadcrumbs.

Add the next six ingredients to the crab/breadcrumb mixture; mix well. Shape into cakes.

Preheat skillet using enough grapeseed oil to cover the bottom. Sauté crab cakes until golden brown.

Serve with Salsa Sauce on the side.