

Crab Cakes  
By  
Stephanie Kinturi

3 tablespoons olive oil  
1/2 cup chopped canned water chestnuts  
1/3 cup chopped red bell peppers  
1/2 teaspoon salt  
1/4 teaspoon fresh ground black pepper  
1 cup green onions  
1 tablespoon minced garlic  
1 tablespoon Cajun seasoning  
3 eggs  
2 teaspoons Dijon mustard  
1 1/2 cups bread crumbs  
1 cup grated Parmesan cheese  
1 pound real or imitation crab meat  
2/3 cups flour  
1/4 cup water

Black bean and corn salsa

- Heat 3 Tbsps of the oil over high heat. Sauté onions, bell peppers, salt and fresh ground black pepper for about a minute.
- Add green onions, garlic, water chestnuts, Cajun seasoning and cook for another minute. Remove and put in a bowl. Cool mixture for a few minutes.
- Stir in 2 eggs, Dijon mustard, 1/4 cup of bread crumbs and Parmesan cheese. Then add crab meat.
- Gently mix the mixture and form into crab cakes. First dip both sides in flour, then in egg wash (egg and 1/4 cup water whisked together).
- Coat in bread crumbs and fry approx 2 minutes on each side over medium heat.
- Serve topped with black bean and corn salsa.