



Poor Man's Crab Cake

Ingredients:

- 2 cups of zucchini coarsely grated
- 1 Tbsp. Old Bay Seasoning
- 1 tsp. of baking powder
- 1 large egg
- ¼ cup finely chopped onion
- ¼ cup all-purpose flour
- 2 Tbsp. of olive oil

Method:

1. Cut the zucchini in half.
2. Slice each half in half-length wise.
3. With a spoon, scrape out the seeds and discard them.
4. Using a grater, grate each length cut making 3 cups of grated zucchini. Remove the excess moisture from the zucchini by squeezing with paper towels
5. Whisk egg in a large bowl.
6. Add the zucchini, baking powder, flour, onions, and Old Bay Seasoning.
7. Mix to combine well.
8. Pre-heat the skillet medium heat and then add the 2 Tbsp. of Olive oil.
9. Using 2 Tablespoons, scoop up the zucchini mixture and drop the mixture onto the hot skillet. Lightly press down on the zucchini to flatten it to the size of 2 inches.
10. Cook for approximately 3 minutes and then flip them using a spatula.
11. Remove after 3 more minutes, place on a plate. They should be golden brown.
12. Lightly sprinkle salt on the "crab cake".

Makes approximately 9-12 crab cakes.

Supplies:

- Grater and paring knife
- Electric skillet or fry pan
- Spatula and fork
- Measuring cups and spoons
- Two tablespoons
- Cutting board
- Paper towels or mesh strainer
- Plate

If you haven't already guessed, the reason they are called Poor man's Crab cake is because there is no crab in this recipe.