



## Crab Cakes & Dill Dip

1 lb. lump crab meat or 3 cans 6 oz.  
lump crab meat  
1/3 c. nonfat plain Greek Yogurt  
3/4 cup whole wheat panko breadcrumbs  
2 Tbsp. Dijon mustard  
1 Tbsp. Worcestershire sauce  
1 egg, beaten  
1 tsp. hot sauce

3 Tbsp. parsley, chopped  
2 Tbsp. canola oil  
Lemon wedge (*optional*)

### Dill Dip

1/2 cup nonfat plain Greek yogurt  
1 Tbsp. dried dill weed  
2 tsp. fresh lemon juice  
Dash of pepper

### Directions

1. Wash hands with soap and water. Whisk together 1/3 cup yogurt, egg, mustard, Worcestershire sauce, and hot sauce. Set aside.
2. In a large bowl, combine crab meat, breadcrumbs, and parsley.
3. Fold yogurt mixture into crab meat and form 8 patties.
4. In a large skillet over medium high heat, add canola oil. Add crab cakes and cook until golden brown. An estimated 3-5 minutes per side. Squeeze juice from lemon wedge over cakes before serving.
5. *For Dip:* Combine yogurt, dill weed, lemon juice and dash of pepper. Serve with crab cakes. **Yield:** 4-2 crab cake servings

**Nutrition Facts for Crab Cakes** (per serving plus 2 Tbsp. Dill Dip): 240 calories, 10 grams fat, 850 milligrams sodium, 13 grams carbohydrate, 0 grams fiber, 26 grams protein

**Nutrition Facts for Dip** (per Tbsp. serving): 10 calories, 0 grams fat, 5 milligrams sodium, 1 gram carbohydrate, 0 grams fiber, 1 grams protein

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