

JONAH CRAB & CORN CAKES



Ingredients

1 lb Jonah crab meat
kernals from 2 ears of fresh corn
1.5 C panko
2 eggs
2 scallions, thinly sliced
1/2 red bell pepper, finely diced
1/4 C plain nonfat Greek yogurt
1 TBS fresh chopped cilantro
1 TBS fresh chopped parsley
1 tsp salt
1 tsp pepper



Instructions

1. Combine all ingredients in a large bowl and mix well. If the mixture is too wet and won't hold together, add more panko. Form into 6 large cakes or 8 smaller cakes and place on a baking sheet lined with parchment paper. Please in the fridge for at least 30-45 minutes to set the cakes.
2. Preheat your air fryer** to 360 and spray the bottom with cooking spray. After the cakes have set in the fridge, carefully place cakes into the air fryer and let them cook for 12-15 minutes, or until cakes have cooked through and started to brown on top. Continue this process for all the cakes.
3. Serve immediately. You can also make a quick lime crema for them with 1/2 C greek yogurt, the zest and juice from half of a lime and salt to taste. Add a tiny dollop to each cake. These are great with a southwest-style salad - the flavors of fresh pico de gallo, avocado and cilantro go really well with them.

*If using an oven, bake them at 425 for 25-30 minutes, flipping halfway through, until they turn golden.