

Creole Turkey Cakes with Sweet and Spicy Rémoulade Sauce

SAUCE:

- 1/3 cup plain fat-free yogurt
- 2 tablespoons minced green onions
- 2 tablespoons light mayonnaise
- 1 tablespoon Creole mustard
- 1 tablespoon sweet pickle relish
- Dash of garlic powder
- Dash of ground red pepper

CAKES:

- 2 (1-ounce) slices white bread
- 3 cups chopped cooked turkey breast
- 1/3 cup minced green onions
- 1/4 cup light mayonnaise
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Cajun seasoning
- 2 large egg whites
- 1 teaspoon vegetable oil
- Cooking spray

To prepare the sauce, combine first 7 ingredients in a small bowl. Chill.

To prepare the cakes, place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1 1/4 cups. Set aside. Combine the turkey and next 5 ingredients (turkey through egg whites). Stir in the breadcrumbs. Divide turkey mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Heat oil in a large nonstick skillet coated with cooking spray over medium heat. Add patties; cook 5 minutes. Turn patties over; cook 5 minutes or until golden brown. Serve with sauce.

Courtesy of
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