

Cajun Crawfish/Crab Cakes With Spicy Red Pepper Sauce

Red Pepper Sauce

- 2 roasted red peppers (the variety that comes in a jar)
- 1/2 cup [fat-free mayonnaise](#)
- 1/4-1/2 teaspoon [cayenne pepper](#)
- 1/2 teaspoon [seasoning salt](#)

Crawfish or Crab Cakes

- 3 teaspoons [olive oil](#), divided
- 1/2 [onion](#), chopped
- 1 stalk [celery](#), chopped
- 2 [eggs](#), beaten
- 2 tablespoons [ground walnuts](#)
- 2 tablespoons chopped [fresh parsley](#)
- 2 tablespoons [fat-free mayonnaise](#)
- 1 tablespoon [lemon juice](#)
- 1 teaspoon cajun seasoning
- 1/2 teaspoon crab boil seasoning (like Old Bay)
- 2 teaspoons [Worcestershire sauce](#)
- 1/2 teaspoon [mustard powder](#)
- 1/4 teaspoon crushed [celery seed](#)
- 1/2 teaspoon [ground paprika](#)
- 1 lb [crawfish meat](#) or crabmeat
- 1/2-1 teaspoon hot pepper sauce
- 1 cup whole wheat bread crumbs

Red Pepper Sauce: Puree roasted red peppers in a blender, then add mayonnaise and spices. Set aside and refrigerate.

Crawfish Cakes: Heat 1 teaspoons olive oil in sauté pan, sauté onion and celery until soft. Place in a large mixing bowl. Mix remaining ingredients except bread crumbs. Place half of seafood mixture in a blender or processor and puree and return to mixing bowl and stir together. Place bread crumbs evenly on a cookie sheet. Form about 8 patties and coat them with bread crumbs. Heat remaining 2 teaspoons of olive oil in a pan and cook patties in batches. Cook for about 2-3 minutes each side until brown and crisp on outside. Serve with red pepper sauce.

PER SERVING: 173 cal, 31% fat cal, 6.2g fat, 1.2g sat fat, 13.2g protein, 17.4g carb, 2.8g fiber, 378mg sodium.

Courtesy of Dr. Catherine A. Hebert (985) 626-0111