

[WEIGHT WATCHERS CRAB CAKE RECIPE](#)



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When skillet is heated, melt 2/3 teaspoon butter. Place a batch of crab cakes in skillet in a single layer and cook until golden, about 3 to 4 minutes per side; remove to a serving plate and cover to keep warm (or place in a 200 F oven to keep warm). Repeat with remaining ingredients. Yields 1 crab cake per serving.

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3. Pour this mixture over crab/crumb/milk mixture. Refrigerate for at least 1 hour. Dust cakes lightly with flour.

4. After one hour, form crab into cakes, not over mixing or over forming. Put each crab cake on wax-paper - (putting wax paper on top too) and let sit until ready to fry up.

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Weight Watchers Delicious 5 Point Crab Cake Recipe

April 26th presented me with this beautiful photo featuring a crab cake recipe. 6 months later, and I finally got the guts to make the recipe. I checked the nutritional information and found that it is only 5 Weight Watchers Points Plus Value for 2 crab cakes. That's when I knew I just had to get over my fear of making them.

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Yield: 6 Crab Cakes (3 crab cakes per serving = 3 Freestyle points) Ingredients: 8 oz. crab meat; 1 egg; 2 tablespoons non-fat Greek yogurt; 1/2 teaspoon Worcestershire sauce; 1/2 teaspoon Dijon mustard; 1/4 teaspoon Old Bay seasoning; 2 tablespoons chopped chives; 1/8 teaspoon salt; 1/2 cup Panko breadcrumbs; Directions: In a medium bowl add the egg and yogurt.

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When skillet is heated, melt 2/3 teaspoon butter. Place a batch of crab cakes in skillet in a single layer and cook until golden, about 3 4 minutes per side; remove to a serving plate and cover to keep warm (or place in a 200 degree oven to keep warm). Repeat with remaining ingredients. Yields 1 crab cake per serving.

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weight watchers recipes Crab Cakes with Lemon Dill Yogurt

Ingredients Crabcakes 2 (6 ounce) cans lump crab meat, drained well, any shells removed 2 tablespoons plain, lowfat Greek yogurt 1/3 cup diced red bell pepper

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