

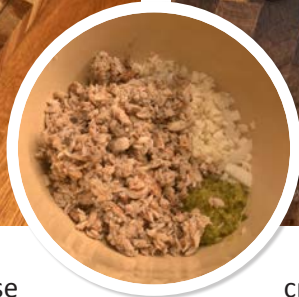


DISHING IT UP WITH DANA

Potatoes Make Perfect Binder for Crab Cakes

Baked Potato Crab Cakes are a flavorful, savory starter for your next dinner or get-together

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association



BAKED POTATO CRAB CAKES INGREDIENTS:

3/4 cups	finely diced sweet onion
1 Tbsp	minced garlic
2 Tbsp	olive oil, divided
3 cups	crabmeat, canned or fresh
2	large baked potatoes, peeled and mashed with fork
2 Tbsp	dill pickle relish
1 tsp	salt
1/2 tsp	pepper
2 Tbsp	seafood seasoning
1/2 cup	mayonnaise

Crab cakes are one of those dishes that are full of flavor, give you the feeling of being on a coast, and can be the perfect appetizer for a party or the center of the plate.

I love trying them with different sauces and making them spicy and robust with creole seasoning and parsley.

There's a crab cake recipe that is new for me, though. And it's one that also includes America's favorite vegetable! It sounds so out of the norm, but when you really think about it, is it really that crazy?

Generally, crab cake recipes have some kind of filler as an ingredient to bind everything together. That filler is usually breadcrumbs, panko

crumbs or crackers, etc.

And, if you need a gluten-free option, using Wisconsin potatoes as that filler is the perfect option.

This recipe is easy, delicious, healthy, and the perfect starter for your next

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get-together or a fantastic dinner option for your family. And, like many of the other recipes featured in this

column, it can be great for on-the-go dinners with evening sports activities.

DIRECTIONS:

Preheat the oven to 375 degrees Fahrenheit.

In a medium skillet, heat 1 tablespoon of oil and sauté the onion and garlic over medium heat until soft, approximately 5 minutes.

In a large mixing bowl, combine the crab, potato, dill pickle relish, seafood seasoning, mayonnaise, salt, pepper, and onion/garlic mix.

Form the mixture into 24 crabcakes and place them onto a non-stick or lightly sprayed cookie sheet. Drizzle with remaining olive oil.

Bake for approximately 15 minutes until they are lightly brown.

Visit <https://eatwisconsinpotatoes.com/recipes/baked-potato-crab-cakes/>. **BCT**



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