

Deliciously baked lump crab cakes with sweet end of summer corn.

Prep Time: 15 minutes mins

Cook Time: 30 minutes mins

Chill Time: 1 hour hr

Total Time: 1 hour hr 45 minutes mins

Yield: 8 crab cakes

Course: Dinner

Cuisine: American

## Table of Contents

- ✦
  - [Ingredients](#)
  - [Instructions](#)
    - [Air Fryer Method](#)
  - [Notes](#)
  - [Nutrition](#)

## Ingredients

- 1 cup corn kernels (fresh)
- 1 cup about 30 reduced-fat Ritz crackers, crushed
- 1 whole egg plus 2 egg whites (beaten)
- 4 scallions (chopped fine)
- 1/4 cup minced red bell pepper
- 2 tbsp light mayonnaise
- 2 tbsp fat free yogurt
- 1/4 cup fresh parsley
- 1 lemon (juiced)
- 16 oz premium lump crab meat (picked free of shells)
- salt and pepper to taste
- cooking spray

## Instructions

- In a large bowl, combine corn, crushed crackers, eggs, scallions, pepper, mayo, yogurt, parsley, lemon juice, salt and pepper.
- Mix well, then fold in crab meat, careful not to over mix so the crab remains in large chunks.
- Gently shape into 8 patties using a 1/2 cup measuring cup.
- Chill in the refrigerator at least 1 hour before baking.
- Preheat oven to 425F. Grease a baking sheet with cooking spray.
- Bake about 24 to 28 minutes turning halfway, or until golden brown.

## Air Fryer Method

- Air fry, in batches 370F until the edges are golden, about 10 to 12 minutes turning halfway.

## Notes

The trick to making sure the crab cakes hold together is to refrigerate them before baking, so don't skip that step.

## Nutrition

Serving: 1 crab cake, Calories: 97kcal, Carbohydrates: 7.5g, Protein: 11g, Fat: 3g, Saturated Fat: 0.5g, Cholesterol: 73mg, Sodium: 385mg, Fiber: 1g, Sugar: 1.5g

- WW Points: 2