

Pan Seared Gluten Free Crab Cake with Sweet Corn and Tomatillo Salsa

Crab Cakes

1 T. canola oil
½ c. chopped scallions
¼ c. chopped bell peppers
½ tsp. chili powder
¼ tsp. salt
¼ tsp. paprika
¼ tsp. black pepper
1 egg
8 oz. crab meat
¾ c. gluten free bread crumbs

In a large mixing bowl, combine all ingredients except oil and mix gently. In a skillet over medium-heat, pour in oil until hot.

Form cakes from the mixture and place in skillet. Cook 4 to 6 minutes and carefully flip cakes and brown well on second side. Remove crab cakes and garnish with salsa.

Salsa

1 c. sweet corn
¼ c half, cherry tomatoes
¼ c. chopped scallions
¼ c. chopped tomatillos
2 tsp. fresh parsley
½ tsp. diced jalapeno peppers
1 lemon, juiced
2 tsp. olive oil
Salt & pepper to taste

Combine corn, tomatoes, scallions, tomatillos, peppers and parsley in medium size mixing bowl. Pour lemon juice and oil over mixture and add salt and pepper to taste.