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Our Heart "Beets" Plant Strong

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Chickpea 'Crab' Cakes

Crab Cake Ingredients:

- 1 cup artichoke hearts, rinsed
- 1 cup chickpeas, cooked, rinsed
- 1 cup heart of palms, rinsed
- ¾ cup bread crumbs
- 2 Tbsp of silken tofu
- 1 Tbsp plain plant milk
- 2 tsp miso paste
- 1/4 cup nutritional yeast
- ½ cup diced red pepper
- 1 ½ tsp Old Bay seasoning substitute:
 - 1/4 teaspoon paprika.
 - 1/8 teaspoon ground black pepper.
 - 1/8 teaspoon cayenne pepper.
 - 1 pinch dry mustard.
 - 1 pinch ground nutmeg.
- ½ tsp Dijon mustard
- ½ tsp lemon juice
- Black pepper to taste

Tartar Sauce Ingredients:

- ½ cup silken tofu
- 2 Tbsp lemon juice
- 2 tsp Dijon
- 2 Tbsp relish
- 1 tsp fresh dill, chopped

**Note: Nutrition Facts are without rinsing, Sodium will be decreased with rinsing!*

Directions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Pulse artichokes, chickpeas and hearts of palm, silken tofu, nutritional yeast and miso paste in food processor until mixed and chunky. Add in diced red pepper and lightly pulse to mix.
3. Place mixture in bowl and combine with ½ cup breadcrumbs, Old Bay Seasoning, Dijon Mustard, lemon juice, and black pepper.
4. Sprinkle ¼ cup breadcrumbs on plate. Form mixture into patties and then coat each patty in the breadcrumbs.
5. Place on baking sheet. Bake 30-40 minutes, flipping halfway through.
6. Mix together Tartar Sauce ingredients in a food processor and serve with crab cakes.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	188
% Daily Value *	
Total Fat	2 g 3 %
Saturated Fat	0 g 0 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	564 mg 23 %
Potassium	87 mg 2 %
Total Carbohydrate	34 g 11 %
Dietary Fiber	6 g 24 %
Sugars	3 g
Protein	9 g 18 %
Vitamin A	3 %
Vitamin C	18 %
Calcium	6 %
Iron	18 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	