

Crab Cakes (hearts of palm)

Swick

Makes 12 | Active Time: 20 minutes | Total Time: 1 hour

Step 1: Breaking up the main ingredients

- 1 15 oz can garbanzo beans , rinsed *Save liquid
- 2 14 oz cans hearts of palm , drained

Lightly pulse the garbanzo beans and hearts of palm (look for a crab-like consistency – do not pulse until it is a hummus) in a food processor or mash the ingredients with a fork.

Step 2: Mixing the ingredients

- 4 tablespoons reserved garbanzo bean liquid
- 1/4 cup vegan mayonnaise
- 1 teaspoon vegan worcestershire sauce
- 1 teaspoon lemon juice
- 1 teaspoon dijon mustard
- 1/2 cup green onion, sliced
- 2 teaspoons kelp granules
- 1 tablespoon dried parsley
- 1 1/2 teaspoons Old Bay Seasoning
- 1 teaspoon granulated garlic
- 1 cup breadcrumbs

In a large bowl, whisk the reserved garbanzo bean liquid until you see a light foam. Add the vegan mayonnaise, lemon juice, Worcestershire sauce, mustard and all the dry seasonings to the bean liquid and whisk to combine.

Add the bread crumbs, green onion, and hearts of palm and garbanzo bean mixture to the liquid and mix by hand until combined.

Step 3: Heating the patties

Preheat your oven to 350 degrees.

Form the mixture into approximate 3 inch patties and place on a sheet pan (I usually do it on a dry sheet pan, but you can also spray with a light coat of oil if you desire a crispier edge). Leave at least 1 inch between the patties to make sure they are heated evenly.

Heat for 20 minutes, then take them out and flip each one and bake an additional 20 minutes.

Step 4: Serving

Serve on greens with your choice of sauce.