

Maryland Crab Cakes

Edee Howard Hogan, R.D., L.D.

A visit to Chesapeake Bay wouldn't be complete without crab cakes. Now you can make them at home, no matter where you live. Substitute canned or frozen crabmeat for the fresh—just don't tell Marylanders.

Serves: 6

Hands-on time: 35 minutes

Cooking time: 8 to 10 minutes

Chill time: 4 or more hours

- 1 pound Maryland lump or backfin crabmeat, or frozen or canned
- 1 egg, beaten
- 3 tablespoons reduced-fat mayonnaise
- 1 tablespoon finely chopped parsley
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry English mustard
- 1 teaspoon salt
- ¼ teaspoon white pepper
- 1 teaspoon Old Bay seafood seasoning
- ½ cup plain bread crumbs
- 1 tablespoon butter
- 1 tablespoon canola oil
- parsley sprigs
- lemon wedges

Remove the cartilage from the crabmeat carefully to avoid breaking up the pieces.

Combine the egg, mayonnaise, parsley, Worcestershire sauce, mustard, salt, pepper, and seafood seasoning. Fold the crabmeat gently into the mixture. Form into 6 cakes. Spread the bread crumbs on wax paper. Coat both sides of the crab cakes until they are well covered.

Refrigerate for at least 4 hours.

Heat the butter and oil in a skillet. Cook the crab cakes until browned, about 5 minutes on each side. Garnish with a parsley sprig and a lemon wedge.

NUTRITION PER SERVING

Serving size	1 crab cake
Calories	130 kcal
Fat	2.5 g
Saturated fat	0.5 g
Cholesterol	105 mg
Sodium	900 mg
Carbohydrates	9 g
Dietary fiber	0 g
Protein	18 g

COOK'S TIP

Spice it up by increasing the amount of Old Bay seasoning to satisfy your taste buds.

SERVING SUGGESTION

Make 18 small cakes to serve as appetizers.

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Roasted Spring Asparagus

Frances Largeman, R.D.

Asparagus doesn't last long in the Mid-Atlantic region, only the months of May and June. Although you can grill, steam, or broil asparagus, I especially love it roasted. This tasty and simple dish goes well with chicken, lamb, or fish.

Serves: 8

Hands-on time: 10 minutes

Cooking time: 20 minutes

- 1 pound thin asparagus spears
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ to 1 teaspoon freshly ground pepper, or to taste
- 2 teaspoons truffle oil, optional

Preheat oven to 425°F.

Clean and trim the asparagus. Peel the ends if the spears are thick.

Drizzle a roasting pan with the olive oil and lay the asparagus evenly in the pan. Turn to coat with the oil. Season with salt and pepper.

Roast the asparagus for approximately 20 minutes, or until the stalks are tender yet crisp. Remove from the pan and transfer to a serving dish. Drizzle with the truffle oil, if using. Serve warm or at room temperature.

NUTRITION PER SERVING

Serving size	About 6 spears
Calories	30 kcal
Fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	3 g
Dietary fiber	1 g
Protein	1 g

SHOPPING TIPS

Whether you bring home stalks from the farmer's market or from your local grocery, make sure the spears are firm and fresh looking and the tips are tightly closed. Asparagus should be eaten within a few days for the best flavor. The best way to store asparagus in the refrigerator is to cut off an inch from the stalk and stand the spears upright in an inch or two of water, covered with a plastic bag.

FOOD TRIVIA

Asparagus is a member of the lily family.

FOOD TRIVIA

In addition to the common green color, asparagus also comes in purple and white varieties. The purple asparagus turns green when cooked. The prized white variety is cultivated by covering the stalks with mounds of earth to prevent the development of chlorophyll, which creates the green hue.

NUTRITION NUGGET

Asparagus is a great source of folate, iron, and potassium. This vegetable is also high in vitamins A and C.

COOK'S TIP

Truffle oil is olive oil that has been infused with the flavor of black truffles; it imparts a rich, earthy flavor to cooked foods.

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Philly Soft Pretzel Bread Pudding with Chocolate

Deanna Rose, R.D., L.D.N.

I wanted to use one of my favorite hometown staples, the Philadelphia soft pretzel, in a unique way. Since bread pudding is my comfort food of choice, I developed this recipe. I also use Hershey's chocolate products, since the world-famous company is located in Hershey, Pennsylvania, and another food claim to fame in this region. Each serving of this recipe provides a healthy dose of calcium.

Serves: 12

Hands-on time: 15 minutes

Standing time: 1 hour

Cooking time: 55 minutes

- vegetable oil cooking spray
- 6 Philadelphia-style soft pretzels (frozen is okay; thaw first)
- 1½ cups liquid egg substitute
- 2½ cups nonfat milk
- ½ cup chocolate syrup
- 1 tablespoon vanilla extract
- 1½ teaspoons cinnamon
- ½ cup semisweet chocolate chips

Spray a 13-by-9-by-2-inch baking dish with the cooking spray. Poke holes in the soft pretzels with a fork, then cut or break the pretzels into 1-inch pieces and place in the baking dish.

Whisk together the egg substitute, nonfat milk, chocolate syrup, vanilla extract, and cinnamon; mix well. Pour over the pretzels, stir to coat. Let stand for 1 hour to allow the pretzels to absorb some of the liquid mixture.

Preheat oven to 325°F. Cover the baking dish with foil and bake 30 minutes. Uncover. Sprinkle with chocolate chips. Bake an additional 25 minutes or until browned and puffed and the knife comes out clean.

NUTRITION PER SERVING

Serving size	1/12 of pan
Calories	190 kcal
Fat	4 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	410 mg
Carbohydrates	31 g
Dietary fiber	1 g
Protein	8 g

NUTRITION NUGGET

The nonfat milk in this recipe adds calcium to the diet. Chocolate, especially dark chocolate, contains antioxidants and flavonoids, so if chocolate is a favorite of yours, enjoy in small doses.

COOK'S TIP

The holes in the pretzels are necessary so the nonfat milk and egg substitute mixture can be fully absorbed, creating the traditional bread pudding texture.

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