

Crab Cakes Benedict with Avocado Relish

Blog, Seafood, Side

Cook Time: 20 minutes **Servings:** 6 servings, serving size **Source:** skinnytaste.com

INGREDIENTS

- 1 pound jumbo lump crabmeat, picked over
- 2 tablespoons plain nonfat Greek yogurt
- 1/2 cup panko breadcrumbs (or gluten-free panko)
- 2 large eggs, beaten
- 1 teaspoon freshly squeezed lime juice
- 2 tablespoons finely chopped fresh cilantro
- 2 tablespoons finely chopped fresh chives
- 1/4 teaspoon ground cumin
- 2-3 dashes tabasco sauce

AVOCADO RELISH:

- 8 oz (2 small) ripe Hass avocados; diced
- 1/4 cup finely chopped red onion
- 1 small tomato, seeded and diced small
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons fresh lime juice
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon kosher salt & freshly ground black pepper

POACHED EGGS:

- 6 large eggs
- 2 teaspoons white or cider vinegar
- 1 teaspoon kosher salt
- chopped cilantro, for garnish

DESCRIPTION

Treat yourself or your loved ones to this special dish – crab cakes topped with avocado relish and a poached egg. Perfect for breakfast, lunch or brunch!

Traditional Eggs Benedict are made with Hollandaise sauce, but I prefer to skip the Hollandaise which shaves off about 200 calories, the egg yolks are perfectly silky on their own!

For best results, make the crab cakes 1 day or at least 1 hour ahead. This helps hold them together so they don't fall apart when cooking. Once the crab cakes are ready the rest comes together easily. If you are unsure about poaching eggs, there are tons of YouTube videos that

show you the process. I usually do them 2 at a time.

This dish was inspired and adapted by a meal I recently had at a dinner sponsored by Avocados from Mexico and the Egg Board. It was so good I knew I wanted to recreate this at home. I adapted the recipe, originally created by Diane Henderiks, RD. If you follow me on Instagram you probably saw this in my Instastories! If you don't follow my Instagram, you should! I share tons of how-to video demos and behind the scenes.

DIRECTIONS

FOR THE CRAB CAKES:

Place crab meat in medium mixing bowl.

In small mixing bowl, whisk together remaining ingredients

Add yogurt mixture to crab meat and gently combine, do not over mix.

Shape into 6 - 3 1/2 inch cakes, refrigerate 1 hour or as long as overnight.

FOR THE AVOCADO RELISH:

Gently combine all ingredients together in a medium bowl. Let sit at room temperature until ready to serve.

FOR THE POACHED EGGS:

Crack eggs into individual small cups or ramekins.

Bring a pot of water to a boil. Add vinegar and salt. Reduce to simmer.

Use a spoon to stir the water so it is spinning around in a circle. This will keep the egg whites from spreading out away from the yolk.

Carefully drop eggs one at a time into the center of the pot.

Simmer for 2 minutes then turn off the heat. Cover and let sit for 2 more minutes.

Gently remove eggs with a slotted spoon and place on plate lined with paper towels.

TO ASSEMBLE:

Spray oil in a large cast iron pan over medium-high heat.

Cook crab cakes for 4 to 5 minutes on each side until heated through and lightly browned. Place one cake on each of 6 plates.

Gently stir Avocado Relish and place heaping pile on each crab cake.

Top with a poached egg and garnish with cilantro.

NUTRITION

Amount Per Serving: Smart Points: 3 Points +: 6 Calories: 231 Total Fat: 13g Saturated Fat: 3g
Cholesterol: 323.5mg Sodium: 796mg Carbohydrates: 5.5g Fiber: 3g Sugar: 1g Protein: 24g

