

CRAB, SHRIMP, SALMON, TUNA CROQUETTES



INGREDIENTS

Lump crab meat

(shrimp, salmon, tuna)

Chopped carrots

½ cup chopped onions

½ cup onion flakes

Chopped radishes (optional)

Chopped orange, yellow,
green peppers

1 Tablespoon Light Mayo

1 Squirt Japanese Chili Sauce

2 Tablespoons Worcester Sauce

Chopped celery, chopped scallions to taste

Seasoning: black pepper, old bay spice, paprika, any-thing to taste

*Optional – dry or Dijon mustard

DIRECTIONS

Mix above ingredients together and taste.

Beat 1 egg and 1 egg white. Add to mixture and make patties.

Sprinkle onion flakes and Worcester sauce on top...

Light oil on baking sheet.

Broil 20 minutes till brown. Bake for an additional 10 minutes.