



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Crabless Crab cakes (with zucchini)

2 cups grated zucchini (squeeze and drain liquid)
1 egg
1 c. bread crumbs, seasoned
1.5 teaspoon Old Bay Seasoning

Mix together and form into a crab cake form. Dredge in flour.
Pan fry in canola oil.

Simple and delicious!