

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 constancy – 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.