

RECIPE by Marla Saeger

# Lion's Mane Faux Crab Cakes



Ready in **1 1/2 hour**

Serves **12 cakes**

## Ingredients

- One large lions' mane mushroom from Jason Hippie, torn into small pieces
- extra-virgin olive oil
- 3 small red onions, finely chopped from Empire Farms
- 1 1/2 cups finely chopped red bell and sweet peppers from Shortline Farms
- 2 cups Italian breadcrumbs
- 3 medium eggs, lightly beaten from Single Loop Ranch
- 16 oz. greek yogurt
- 2 tablespoon brown dijon mustard
- 2 tablespoon fresh lemon juice.
- Kosher salt and freshly ground pepper, garlic, oregano, and rosemary to taste.
- Olive-oil cooking spray

## Preparation

1. **Chop onions and peppers into small pieces and mix them together.**
2. **Tear the mushroom into small pieces.**
3. **Mix bread crumbs, egg, and greek yogurt in a medium bowl.**
4. **In a large bowl, whisk, mustard, and lemon juice; fold in the breadcrumb mixture, lions mane, onion/ pepper mixture, spice mixture**
5. **Shape into patties.**
6. **Heat 2 tablespoons of olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, 3 to 4 minutes on each side. Serve hot.**