

Crab Cakes with Parmesan Corn on the Cob & Roasted Squash

Servings: 2

Ingredients:

2 Crab Cakes

Cooking spray

Corn:

2 ears of corn, husks and silk removed

1 Tbsp butter

1/2 tsp minced garlic

2 Tbsp grated Parmesan cheese

1 Tbsp chopped fresh parsley

Squash:

Cooking spray

1 zucchini, cut into 1/2-inch pieces

1 yellow squash, cut into 1/2 -inch pieces

1/4 tsp garlic powder

1/4 tsp pepper

1/4 tsp salt

Preparation

Corn: Preheat grill to 350-400 degrees.

Combine garlic and butter in a small bowl. Melt in microwave for 10-15 seconds.

Grill corn until lightly charred and deep yellow, about 15-20 minutes. Brush garlic butter over corn and sprinkle with Parmesan cheese. Garnish with parsley.

Squash: Preheat oven to 350 degrees.

Spray a baking sheet with cooking spray or olive oil. Fill pan with squash. Spray with a light coat of cooking spray. Sprinkle with garlic powder, pepper and salt. Bake for 30 minutes or until squash has a light golden hue.

Crab cakes: Preheat oven to 375 degrees. Spray baking sheet with cooking spray. Cook crab cakes for 7-10 minutes. Flip over and bake an additional 5-7 minutes.