

Crab Cakes with Goat Cheese & Spinach Gratin

Servings: 2

Adapted from

<http://www.fatgirltrappedinaskinnybody.com/2012/11/goat-cheese-spinach-scalloped-potatoes/>

Ingredients:

Gratin:

4 red potatoes

1 Tbsp butter

1 Tbsp flour

3/4 cup non-fat milk

1/4 tsp salt

1/4 tsp pepper

1 Tbsp sour cream

1 cup fresh spinach, roughly chopped

1/2 tsp minced garlic

1/4 cup reduced-fat shredded cheese

1/4 cup crumbled goat cheese

Crab Cakes:

2 Crab Cakes

Cooking spray

Preparation

1) Preheat the oven to 375 degrees and thinly slice potatoes.

2) Melt butter in a small saucepan over medium heat. Whisk flour into melted butter and cook for 2 minutes. Slowly whisk in milk, sour cream, salt and pepper. Set aside.

3) Spray a small skillet with cooking spray and heat over medium. Add spinach and garlic; cook until just about to wilt. Remove from heat and set aside.

3) Lay half of the sliced potatoes in the bottom of a small casserole dish. Sprinkle with the spinach, half of the shredded cheese and half of the goat cheese. Top with the remaining potatoes. Pour the milk sauce over the potatoes, sprinkle with the remaining shredded cheese and crumble with remaining goat cheese.

4) Bake for about 50-60 minutes until the top is brown and bubbling on the sides. Serve immediately.

5) 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.