



Makes 15 crab cakes + 1 cup remoulade
Preparation Time: 55 minutes

INGREDIENTS:

½ cup raw cashews

½ to ¾ cup unsweetened, unflavored almond milk

2 tablespoons ketchup

2 tablespoons + 2 teaspoons capers, drained

2 teaspoons caper brine (or water)

2 tablespoons + 1 teaspoon Dijon mustard

1 teaspoon white vinegar

¼ teaspoon garlic powder

1 tablespoon sweet pickle relish

2 14-oz. cans water-packed hearts of palm, drained and cut into chunks

2 15-oz. cans chickpeas, rinsed and drained (3 cups)

⅔ cup finely chopped red onion

⅔ cup finely chopped red bell pepper

½ cup chopped fresh parsley

5 teaspoons seafood seasoning, such as Old Bay 30% Less Sodium Seasoning

2 teaspoons lemon juice

2 teaspoons chopped fresh dill

1 teaspoon kelp granules

1 cup whole wheat panko

Avocado oil cooking spray (optional, [learn more](#))

Vegan Crab Cakes with Remoulade

Crispy on the outside and tender on the inside, these vegan crab cakes—made with [hearts of palm](#) and chickpeas and seasoned with Old Bay, capers, fresh dill, and kelp granules—capture all the flavor and texture of the classic favorite. They're especially delicious paired with Nelson's tangy Remoulade, which swaps creamy blended cashews for mayo and relish for pickles—no chopping required. This [party-worthy appetizer](#) is sure to impress everyone at the table. Nelson reports that even her stepdad, who isn't interested in a plant-based diet at all, can't get enough of these!

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 2 calories, 0.2 g total fat, and 0 g saturated fat per serving.

Low-sodium: Look for [reduced-sodium Old Bay](#) seasoning and [Native Forest](#) brand hearts of palm to keep sodium counts down.

To store remoulade: Store in an airtight container in the refrigerator up to 5 days.

Recipe from [Plantifully Simple: 100 Plant-Based Recipes and Meal Plans for Health and Weight-Loss](#)

By Kiki Nelson

- 1 For remoulade, soak cashews in enough very hot water to cover 10 minutes; drain and rinse.
- 2 In a blender combine drained cashews, ½ cup almond milk, ketchup, 2 teaspoons of the drained capers, 2 teaspoons caper brine, 1 teaspoon of Dijon mustard, vinegar, and garlic powder. Cover and blend until smooth, adding more milk, 1 tablespoon at a time, as needed to make creamy. Using a spoon or spatula, fold in relish. Chill until ready to use.
- 3 For crab cakes, place hearts of palm in a food processor. Pulse until coarsely chopped. Add chickpeas, onion, bell pepper, parsley, 2 tablespoons Dijon mustard, 2 tablespoons drained capers, the seafood seasoning, lemon juice, and kelp granules. Pulse until chickpeas are well broken up. Transfer mixture to a large bowl. Fold in panko until evenly distributed.
- 4 Scoop ⅓ cup of the chickpea mixture and use your hands to form it into a ½-inch-thick patty. Repeat to form 15 patties.
- 5 Heat a large nonstick skillet over medium. (If using oil, lightly coat with avocado oil cooking spray.) Add patties, in batches if necessary so as not to crowd the pan. Cook 3 minutes or until the first side is golden brown; flip and cook on the other side. Hold warm while cooking remaining patties. Serve with Remoulade.