**Manhattan Project Crab Cakes**

1/2 lb crab

1/5 large red onion (small dice)

1/4 red pepper (small dice)

1/2 stalks celery

1 T mayo

1/2 T Dijon

1/2 T wholegrain mustard

1/4 t Italian seasoning

1.5 oz panko

1/16 t CRP

S & P to taste