



M e d i t e r r a n e a n F e t a O r e g a n o D i s c s



4 Servings



30 minutes

Ingredients :

- 1lb crab meat
- 1egg
- ¼ cup feta cheese
- 1tsp oregano
- ¼ cup gluten -free flour
- Sun-dried tomatoes



Instructions :

1. Mix egg , feta , oregano , and flour .
2. Fold in crab and tomatoes .
3. Shape discs .
4. Pan-cook until set .