



Crabmeat Spread

Servings: 25

Ingredients:

- 1 cup imitation crabmeat OR 1 can (6oz.) crab
- 1 pkg. (8oz.) low-fat cream cheese, softened
- ¼ cup fat free mayonnaise
- ¼ cup chopped nuts (almonds, pecans)
- 2 tsps. horseradish or seafood cocktail sauce
- 1 Tbsps. onion, finely chopped



Directions:

1. Slice crabmeat into small pieces.
2. Blend together the softened cream cheese and mayonnaise. Add nuts, horseradish, and onion. Mix well.
3. Add crabmeat to cream cheese mixture.
4. Chill for several hours or overnight to blend flavors.*
5. Serve with whole grain bread squares or crackers or as a dip for fresh vegetables.

* To serve hot: Preheat oven to 300° F. Spread crabmeat mixture into shallow baking dish or pie pan. Heat for about 30-45 minutes or until bubbly hot.

Nutrition Facts (per serving) - Calories, 40; Total fat, 2.5g; Sodium, 90mg; Carbohydrate, 2g; Fiber, 0g

Source: University of Illinois Extension



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