

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Cajun Hot Crab Dip

Makes: 4 servings • **Prep Time:** 10 minutes • **Cook Time:** 30 minutes

Perfect for that Holiday Party, and it is worthy of a special occasion!

Ingredients

Cooking spray
2 tablespoons minced shallots
1 teaspoon minced garlic
1 pound lump crabmeat, shell pieces removed, divided
1/4 cup water
1 tablespoon of Tabasco or Louisiana Hot Sauce
2 teaspoons salt-free or lower sodium Cajun seasoning
1/2 cup Greek yogurt
1/3 cup 1/3-less-fat cream cheese, softened
1/4 cup minced red bell pepper
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons panko
3 tablespoons minced fresh chives



Preparation

Preheat oven to 450°.

Heat a small saucepan over medium heat. Coat pan with cooking spray. Add shallots and garlic to pan; cook for 2 minutes, stirring frequently. Place 1 cup crab in a food processor. Add the shallot mixture, 1/4 cup water, Tabasco, and Cajun seasoning to crab; process until smooth. Spoon mixture into a large bowl, and stir in remaining crab, Greek yogurt, and the next 5 ingredients (through black pepper).

Transfer the mixture to a 1-quart glass or ceramic casserole dish coated lightly with cooking spray. Combine panko and chives in a small bowl; sprinkle over crab mixture. Coat panko mixture with cooking spray. Bake at 450° for 30 minutes or until browned and bubbly. Let stand 5 minutes.

Nutrition Per serving (1/4 Cup) : 95 calories; 3.3 g fat; 43 mg cholesterol; 2 g carbohydrates;; 8.4 g protein; 0.1 g fiber; 253 mg sodium.