

Hot Crab Dip



Worthy of a Special Occasion

Serve warm with melba toast or pita chips.

Ingredients:

- 1 cup fat-free cottage cheese
- 1/2 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon hot sauce
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 1 (8-ounce) block 1/3-less-fat cream cheese, softened
- 2 tablespoons chopped green onion
- 1 pound lump crabmeat, shell pieces removed
- Cooking spray
- 2 tablespoons grated fresh Parmesan cheese
- 1/4 cup dry breadcrumbs

Preparation:

- Preheat oven to 375°.
- Combine first 9 ingredients in a food processor; process until smooth.
- Combine cottage cheese mixture, cream cheese, and onion in a large bowl; gently fold in crab.
- Place crab mixture in an 11 x 7-inch baking dish coated with cooking spray.
- Bake at 375° for 30 minutes.
- Sprinkle with Parmesan and breadcrumbs. Bake at 375° for 15 minutes or until lightly golden.

Nutrition Information

Yields 20 servings (serving size ~ 3 Tbsp)
Calories: 63 (53% from Fat)
Fat: 3.1 g (sat 1.8g, mono 0.1g, poly 0.0g)
Protein: 6.8 grams protein,
Carbohydrate: 1.9g
Fiber: 0.1g
Cholesterol: 30mg
Iron: 0.3mg
Sodium: 264mg
Calcium 29mg

source: Cooking Light (Allrecipes.com)