

Spicy Crab Dip

Ingredients

1/3 cup light mayonnaise
2 Tbsp dried minced onion
2 Tbsp lemon juice
2 Tbsp white wine or white grape juice
1 Tbsp minced garlic
½ tsp cayenne pepper
½ tsp hot pepper sauce
2 packages (8 oz each) Neufchatel cream cheese, cubed
1 lb imitation crabmeat, chopped
Assorted crackers or fresh vegetables

Directions

1. In a food processor, combine the first eight ingredients. Cover and process until smooth. Transfer to a large microwave-safe bowl. Stir in crab; mix well.
2. Cover and microwave on HIGH for 2 to 3 minutes or until bubbly. Serve warm with crackers or vegetables.

Yield: 32 servings (2 Tablespoons dip per serving)

*Tip: Choose Kashi Heart to Heart Whole Grain or Roasted Garlic crackers; they have a winning NuVal™ score of 34!

Source: adapted from Taste of Home

Nutritional analysis per serving (calculated without crackers or vegetables): calories 60, calories from fat 40, total fat 4g, saturated fat 2g, trans fat 0g, cholesterol 20mg, sodium 120mg, total carbohydrate 1g, dietary fiber 0g, sugars, 1g, protein 4g, vitamin A 2%, vitamin C 2%, calcium 2%, iron 0%

