

Spinach Crab Rolls

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Yield: 32 appetizers

*2 packages (10 ounce ea)
frozen chopped spinach,
thawed
1 cup sour cream (or low-fat
plain yogurt)
1 cup mayonnaise
1/4 cup bacon bits
1 package ranch-style salad
dressing (dry)
1 can crabmeat (or 8
ounces artificial crab)
1 can water chestnuts,
chopped
1 package flour tortillas*

Squeeze the liquid from the spinach.

In a bowl, combine the sour cream, mayonnaise, bacon bits, crabmeat, water chestnuts and salad dressing mix.

Add the spinach. Mix well.

Spread the mixture evenly on the tortillas. Roll the tortillas up like a jelly roll.

Refrigerate.

Cut into two-inch pieces.

Per Serving (excluding unknown items): 2135 Calories; 201g Fat (78.0% calories from fat); 45g Protein; 83g Carbohydrate; 32g Dietary Fiber; 77mg Cholesterol; 2930mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 7 1/2 Vegetable; 17 1/2 Fat.