

Avocado and Crab Canapes

Alison Ladman and Michelle Locke - For The Associated Press
Palm Beach Post

Servings: 12

Start to Finish Time: 15 minutes

12 1/2-inch-thick slices baguette

2 tablespoons butter, melted

salt

ground black pepper

1 tablespoon lemon juice

1 teaspoon Dijon mustard

1/2 teaspoon hot sauce

1 tablespoon olive oil

2 tablespoons chopped pimento

1 avocado, pitted and cubed

1/2 cup lump crab meat

Preheat the oven to 400 degrees.

Brush each slice of baguette on both sides with some of the melted butter. Arrange on a rimmed baking sheet, then season lightly with salt and pepper.

Bake for 6 to 7 minutes or until toasted and lightly golden.

In a small bowl, whisk together the lemon juice, Dijon mustard, hot sauce and olive oil.

Gently stir in the chopped pimento, avocado cubes and crab meat.

Arrange the baguette slices on a serving platter. Top each with some of the avocado and crab salad.

Per Serving (excluding unknown items): 55 Calories; 6g Fat (87.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 32mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.