
Chunky Seafood Dip

Amy Gibson Morrison

Party Recipes from the Charleston Junior League - 1993

Servings: 30

A pint of cooked scallops may be used in addition to, or instead of, the crabmeat. The dominant flavors of the sauce should be cucumber and sour cream, so add mayonnaise sparingly.

1 pound shrimp, cooked, peeled, deveined and chopped

1 pint lump crabmeat

1 jar (6 ounces) marinated artichoke hearts, drained and chopped

1 large cucumber, peeled, seeded and chopped

1 to 2 cups sour cream (for the desired consistency)

up to 1 tablespoon mayonnaise

In a large bowl, combine all of the ingredients.

Refrigerate until serving time.

Serve in pastry shells or with crackers.

Appetizers

Per Serving (excluding unknown items): 26 Calories; trace Fat (14.9% calories from fat); 5g Protein; trace Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 52mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fat.