

Hot Crab Dip II

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4 ounces cream cheese, softened
1/2 cup mayonnaise
1/2 cup sour cream
1/2 cup Monterey Jack cheese
1 pound crabmeat, picked over
1 tablespoon flour
2 teaspoons Old Bay Seasoning
2 teaspoons Worcestershire sauce
1 teaspoon hot sauce
1/2 teaspoon lemon zest
2 scallions, sliced
1 clove garlic, grated
1/4 teaspoon Kosher salt
1/4 cup shredded Monterey Jack
cheese (for topping)
sliced scallions (for topping)

Preheat the oven to 375 degrees.

In a bowl, beat the cream cheese with a mixer until smooth.

Beat in the mayonnaise, sour cream, Monterey Jack cheese, crabmeat, flour, Old Bay Seasoning, Worcestershire sauce, hot sauce, lemon zest, scallions, garlic and Kosher salt.

Transfer the mixture to a 1-1/2 quart baking dish. Top with Monterey Jack cheese.

Bake until lightly browned and bubbling, 20 to 25 minutes.

Top with more scallions.

Per Serving (excluding unknown items): 2088 Calories; 179g Fat (75.5% calories from fat); 111g Protein; 20g Carbohydrate; 1g Dietary Fiber; 618mg Cholesterol; 3353mg Sodium. Exchanges: 1/2 Grain(Starch); 14 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 22 1/2 Fat; 0 Other Carbohydrates.