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# Hot Spinach Artichoke Dip with Crab

Servings: 8

Preparation Time: 15 minutes

**1 1/4 cups Parmesan cheese, grated**  
**1 cup reduced-fat sour cream**  
**1 cup mayonnaise**  
**4 scallions, sliced**  
**3 tablespoons fresh lemon juice**  
**1 clove garlic, pressed**  
**5 ounces (1-1/4 cups) Pepper Jack cheese, shredded**  
**1 package (10 ounce) frozen chopped spinach, thawed and well drained**  
**1 can (14 ounce) artichoke hearts, drained and chopped**  
**1 pound fresh jumbo lump crabmeat, drained and picked**  
**freshly cracked black pepper**  
**crackers (for serving)**  
**assorted fresh vegetables (for serving)**

Preheat the oven to 350 degrees.

In a bowl, stir together the Parmesan cheese, sour cream, mayonnaise, scallions, lemon juice, garlic and one cup of Pepper Jack cheese. Fold in the crabmeat, spinach and artichokes. Spoon into a lightly greased two-quart baking dish. Sprinkle with the remaining 1/4 cup of Pepper Jack cheese.

Bake in the preheated oven until the center is hot and the edges are bubbly, about 40 minutes. Sprinkle with freshly ground black pepper to taste.

Serve with crackers and/or assorted fresh vegetables.

## **Appetizers**

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*Per Serving (excluding unknown items): 277 Calories; 27g Fat (82.8% calories from fat); 8g Protein; 5g Carbohydrate; 2g Dietary Fiber; 19mg Cholesterol; 442mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat.*