

Appetizer

Seafood Dip

Winn-Dixie Stores

You can add salad shrimp as a variation of this dip.

- 1 cup chopped, frozen spinach, thawed**
- 1 1/2 cups artichoke hearts, chopped**
- 8 ounces cream cheese**
- 8 ounces Pontchartrain blue special crab meat**
- 1/4 cup sour cream**
- 1/4 cup mayonnaise**
- 1/3 cup Parmesan cheese, grated**
- 1/2 teaspoon red pepper flakes**
- 1/4 teaspoon salt**
- 1/4 teaspoon garlic powder**

Boil the spinach and artichokes in one cup of water until tender. Drain and discard the liquid.

Heat the cream cheese in a microwave oven for one minute or until hot and soft.

Stir in the remaining ingredients.

Serve hot.

Per Serving (excluding unknown items): 1558 Calories; 146g Fat (80.9% calories from fat); 39g Protein; 38g Carbohydrate; 14g Dietary Fiber; 314mg Cholesterol; 2277mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 5 Vegetable; 0 Non-Fat Milk; 21 1/2 Fat.