

Appetizers

Seasons Best Clam Dip

Bumble Bee Brand

2 cans (6.5 ounce ea) chopped clams, drained

1/2 cup mayonnaise

1/2 cup sour cream

2 ounces cream cheese, softened

2 tablespoons minced chives

2 tablespoons minced parsley

In a small bowl, combine the clams, mayonnaise, sour cream, cream cheese, chives and parsley. Stir well.

Serve with the following suggested dippers: chips, crackers, celery sticks, pita wedges, Melba toast or cocktail Rye bread.

Per Serving (excluding unknown items): 1709 Calories; 144g Fat (73.9% calories from fat); 91g Protein; 23g Carbohydrate; trace Dietary Fiber; 366mg Cholesterol; 1217mg Sodium. Exchanges: 12 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 16 1/2 Fat.