

Crab Appetizer Triangles

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Servings: 36

9 sour dough English muffins, toasted
1 to 2 jars Kraft Old English cheese
1 can (6 ounce) crab meat (or one pound fresh crab)
1/4 cup butter or margarine, softened
1/4 cup mayonnaise
1/4 teaspoon onion powder
1/4 teaspoon garlic powder or salt
dash tabasco sauce
3 green onions, sliced

Preparation Time: 10 minutes**Bake Time: 15 minutes**

Toast the muffins. Set aside.

In a bowl, combine the cheese, crab meat, butter, mayonnaise, onion powder, garlic powder, Tabasco sauce and green onions. Mix well.

Spread the mixture on the English muffins. (You may freeze at this point.)

Bake in the oven at 350 degrees for 10 minutes.

Cut the muffins into quarters.

Per Serving (excluding unknown items): 23 Calories; 3g Fat (97.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.