

# Crab Cheese Triangles

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*1 stick margarine, softened  
1 jar (4 ounce) Kraft Old  
English cheese  
2 tablespoons mayonnaise  
1/2 teaspoon garlic powder  
dash tabasco sauce  
1 can (6 ounce) crabmeat,  
drained and cleaned  
1 package English muffins,  
cut in halves*

In a bowl, combine the margarine, cheese, mayonnaise, garlic powder, tabasco and crabmeat. Mix well.

Spread on the English muffin halves.

Place the muffins on a cookie sheet. Place the cookie sheets in the freezer.

Freeze for 30 minutes, uncovered.

Cut each half into six to eight wedges.

Store in a plastic bag in the freezer.

To serve: Broil for 5 minutes, until bubbly.

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Per Serving (excluding unknown items): 1265 Calories; 117g Fat (81.8% calories from fat); 30g Protein; 28g Carbohydrate; 2g Dietary Fiber; 115mg Cholesterol; 1883mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 20 Fat.