

# Crabbies

Mary Furtek

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*2 jars Old English Cheddar  
cheese spread  
1/2 cup margarine  
2 tablespoons mayonnaise  
dash worcestershire sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon seasoned salt  
1 can (7 ounce) crab meat,  
drained  
12 English muffins, sliced in  
half horizontally*

In a bowl, combine the crab meat, cheese spread, margarine, mayonnaise, Worcestershire sauce, garlic powder and seasoned salt. Mix well.

Spread the mixture 1/4 inch thick on the English muffins. Cut each muffin half into fourths or eighths (your option). Place the muffin pieces on a greased cookie sheet.

Broil until bubbly and lightly browned.

Serve hot.

(These can be frozen and reheated.)

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Per Serving (excluding unknown items): 2757 Calories; 128g Fat (42.0% calories from fat); 82g Protein; 317g Carbohydrate; 18g Dietary Fiber; 130mg Cholesterol; 5530mg Sodium. Exchanges: 20 Grain(Starch); 4 Lean Meat; 22 Fat; 0 Other Carbohydrates.