

Crabbie PhylloCups

*Johnna Johnson - Scottsdale, AZ
Taste of Home Grandma's Favorites*

Yield: 30 appetizers

*1/2 cup reduced-fat
spreadable garden
vegetable cream cheese
1/2 teaspoon seafood
seasoning
3/4 cup lump crabmeat,
drained
2 packages (1.9 ounce ea)
frozen miniature phyllo tart
shells
5 tablespoons chili sauce*

In a small bowl, mix the cream cheese and seafood seasoning. Gently stir in the crab.

Spoon two teaspoons of crab mixture into each tart shell.

Top with chili sauce.

Per Serving (excluding unknown items): 103 Calories; 1g Fat (10.2% calories from fat); 19g Protein; 4g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 315mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Other Carbohydrates.