

Side Dish

Lemony Crab Salad

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Servings: 4

1 cup cooked crabmeat or 6-ounce can lump crabmeat, drained

1/3 cup sour cream

1/4 cup mayonnaise

1/4 cup tomato, finely chopped

2 tablespoons red onion, finely chopped

1 teaspoon lemon peel, finely shredded

1 tablespoon lemon juice

1 tablespoon snipped fresh Italian parsley (flat-leaf)

1 teaspoon Dijon mustard

1/8 teaspoon cayenne pepper

In a medium bowl, combine the crabmeat, sour cream, mayonnaise, tomato, red onion, lemon peel, lemon juice, parsley, mustard and cayenne pepper.

Mix well.

Additional parsley and cayenne pepper can be used for garnish, if desired.

Per Serving (excluding unknown items): 146 Calories; 16g Fat (91.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.