



HOT AND CHEESY CRAB DIP

Ingredients:

3/4 cup low fat sour cream
1/3 cup onion, chopped
2 tbsp fresh lemon juice
3/4 tsp mustard
1 tsp Worcestershire sauce
1/4 tsp garlic powder
8 oz low fat cream cheese
2 cups cheddar cheese
1 pound crab meat
Salt, pepper, paprika to taste

Directions:

Preheat oven to 325 degrees.
Combine all ingredients in bowl. Spread mixture in casserole dish and bake for 30 minutes. Serve with celery or whole wheat crackers

Nutrition Facts Per Serving:

Calories: 92
Fat: 5g
Protein: 10g
Carbohydrates: 4g