



## Hot Crab Dip

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### Ingredients:

- 3/4 cup nonfat sour cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated fresh onion
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon dry mustard
- 1/4 teaspoon garlic powder
- 1 (8-ounce) tub reduced-fat cream cheese, softened
- 1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese
- 1 pound lump crabmeat, shell pieces removed
- Vegetable cooking spray
- Paprika

### Directions:

Combine the first 7 ingredients in a bowl; stir well with a wire whisk. Stir in cheddar cheese and crabmeat. Spoon the crabmeat mixture into a 1 1/2-quart casserole coated with cooking spray, and sprinkle with paprika. Bake at 325° for 30 minutes or until thoroughly heated. Serve warm with fresh cut vegetables.

**Yield:** 3 1/2 cups (serving size: 1/4 cup)

**Nutritional Information:** 92 calories; Fat 4.2g; Protein 10.3g; Cholesterol 45mg; Calcium 92mg; Sodium 223mg; Fiber 0.0g; Iron 0.3mg; Carbohydrate 2.5g

Recipe Source: Cooking Light, April 1995

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.