



# Creamy Crab Dip

- Colleen Groves, RD

### Ingredients:

- 1/4 cup Real Mayonnaise
- 2 medium (4 1/8" long) scallions or spring onions
- 1/4 cup sour cream (cultured)
- 1 teaspoon Old Bay Seasoning
- 6 ounces blue crab (canned)
- 1 teaspoon fresh lemon juice
- 1/2 small (5 per pound) red sweet pepper
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Prep Time: 10 minutes

Cooking Time: N/A

Cooling Time: N/A

Servings: 5

### Directions:

# 1

In a medium bowl, mix mayonnaise, sour cream, seasoning and lemon juice until smooth.

# 2

Add crab, chopped green onions and pepper; stir until ingredients are well combined.

# 3

Season to taste with salt and pepper. Serve with vegetables for dipping.



Net Carbs: 1.1g  
Protein: 9.4g  
Calories: 117