



# Ocean Crab Dip

## Ingredients

- 1/2 cup fat-free cream cheese
- 1/4 cup fat-free mayonnaise
- 1/2 tsp lemon juice
- 1/4 tsp Worcestershire sauce
- Dash cayenne pepper
- 1/2 cup lump crabmeat, any shells or cartilage removed
- 3 Tbsp slivered almonds

## Directions

Preheat the oven to 300 degrees. In a bowl, beat the cream cheese until light and fluffy. Add the mayonnaise, lemon juice, Worcestershire sauce, and cayenne pepper. Beat until smooth.

Fold in the crab and almonds. Place in a small casserole dish and bake for 10 minutes.

Serve with crackers or raw vegetables.



**Servings: 6 (serving size: 2 Tbsp)**

**Nutritional Analysis:** 60 calories, 2g fat (0g saturated), 14mg cholesterol, 212mg sodium, 4g carbohydrate (0g dietary fiber, 2g sugars), 6g protein

Source: "American Diabetes Association's More Diabetic Meals in 30 Minutes or Less" (Webb)