

Crab and Artichoke Dip



Serves 8

My clients love this Crab Dip recipe from the Morton's Steak Bible cookbook that I modified to be a tasty, low fat version

1t olive oil

1/4c onion, minced

1c fresh spinach, cleaned, chopped

8oz fat~free cream cheese, cut into small chunks

1/4c milk

1 1/2t horseradish

1/2t Tabasco pepper sauce

1/2t Worcestershire sauce

1/2t Old Bay seasoning

1c artichoke hearts, packed in water, drained, sliced

4oz crab meat

2T bread crumbs

Preheat oven to 450.

In saucepan, heat olive oil over medium heat. Add onion and spinach and sauté until softened. Add cream cheese and cook until melted, stirring frequently for several minutes. Add milk and continue to stir. Add horseradish, Tabasco, Worcestershire and Old Bay seasoning. Fold in artichoke hearts and crab meat.

Pour into quiche pan, sprinkle with breadcrumbs and bake 10 minutes.

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