

Crabmeat Spread

Makes 16 appetizer servings

8 oz lump crabmeat, drained
4 tbsp light mayonnaise
1 tbsp finely chopped green onion
1 tbsp lime juice
½ cup pomegranate seeds

Mix crab with mayonnaise, green onion and lime juice. Mound in the center of a platter and sprinkle with pomegranate seeds. Serve with cut vegetables arranged on platter. Makes 16 servings.

Nutrition information per serving: 26 calories, 3 gram protein, 1 gram fat, 1 gram carbohydrate, 70 mg sodium.

