

Crab Spread

8 oz lump crab meat, drained and shell pieces removed

4 tbsp light mayonnaise

1 tbsp finely chopped green scallion tops or chives

1 tbsp fresh lime or lemon juice

Assorted crudité (red pepper strips, cucumber slices, and carrot sticks)

1/2 cup pomegranate seeds

Mix crab meat with mayonnaise, scallions, and lime juice. Mound crab meat mixture in the center of a platter and sprinkle with pomegranate seeds. Arrange colorful vegetables around the plate. Makes 16 servings.

Nutrition information per serving: 26 calories, 3 grams protein, 1 gram fat, 0 grams carbohydrate.