

Crab Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Standing Time: 2 hours

Serves: 4 to 6

CChints: This should be made ahead of time to allow the flavors to blend. You can use lump crab meat or Surimi for this recipe. Surimi is less expensive because it isn't real crab meat. Surimi is fully cooked and can be from Pollock, wheat, egg whites, crustacean shellfish and flavored to taste like crab or lobster. If you use this make sure you purchase the flake style.



1 pound jumbo lump crabmeat, picked through to remove any shell pieces or Crab Surimi

1 stalk celery, diced

1/4 cup green onions, the green part and a tiny bit of the white part

4 teaspoons finely sliced chives

1/3 cup reduced fat mayonnaise

3 tablespoons reduced fat sour cream

1 tablespoon fresh lime juice

1 teaspoon Dijonnaise or 1/2 teaspoon Dijon mustard

1/2 teaspoon salt and a dash of black pepper

4-6 ounce bag prewashed lettuce of your choice

Optional: service with crackers or chips.

The lettuce you use can change the entire look of this salad. Bibb lettuce will make a cute bowl. Romaine leaves can be filled to look like boats or just used mixed greens for a tossed look.

In a medium sized mixing bowl, add the crab. Tear it into bite size strips or you can cut it into pieces. If you are using Surimi, tear it into bite size pieces. Add the celery through chives and toss to combine.

In a small mixing bowl, combine the sauce starting with the mayonnaise through pepper. Turn well and gently fold into the crab bowl. Stir gently to combine everything and coat all the crab.

Cover the bowl and refrigerate for about 2 hours to allow the flavors to blend. You can prepare each serving size on a platter and let people take their own. Or if you are using the mixed greens, put a serving on salad plates and top with a scoop of the crab salad.