

California Crab Salad

Crab Salad with artichoke hearts and green peas with a light mayonnaise dressing.

Ingredients

18 oz cooked crab (or 2 1/4 cups)
3/4 cup canned artichokes hearts, drained , chopped
1/4 cup frozen green peas , thawed
3 tbsp fresh chopped green onion
3 tbsp chopped red pepper
1/3 cup light mayonnaise
3 tbsp reduced fat sour cream
1/8 tsp ground thyme
1 pinch white pepper



Directions

- 1 Toss the crabmeat, artichoke hearts, peas, and onions in a large bowl.
- 2 Stir the mayonnaise, sour cream, thyme, and white pepper in a small bowl.
- 3 Toss the mayonnaise mixture with the crabmeat mixture, mixing well. If the mixture seems too dry, stir in a little more mayonnaise.
- 4 Cover and chill for a minimum of 2 hours prior to serving.

Additional Information

Use as a filling for endive leaves, avocado halves or serve over a bed of fresh salad greens.

Nutrition Facts

Makes 4 servings

Per Serving:

Calories	262.9
Total Carbs	8.1 g
Dietary Fiber	3.3 g
Protein	32.8 g