



## Crab Dip

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**Prep:** 15 min.

**Total:** 3 hours 15 min. (incl. refrigerating)

1 pkg. (8 oz.) cream cheese, softened

1/4 cup GREY POUPON Harvest Coarse Ground Mustard

2 Tbsp. sour cream

1 can (6-1/2 oz.) crabmeat, drained, chopped

1 green onion, finely chopped

**Mix** cream cheese, mustard and sour cream until well blended. Stir in crabmeat and onions; cover.

**Refrigerate** several hours or until chilled.

**Serve** with cut-up fresh vegetables.

**Makes** 1-1/2 cups or 12 servings, 2 Tbsp. each.

**Keeping It Safe:**

**Store** any leftover party dip in a tightly covered container in refrigerator up to 3 days. Discard any dip that has been left out at room temperature for more than 2 hours.

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### **Nutrition Bonus:**

Not only are the lima beans in this tasty side-dish salad a good source of fiber, but the red pepper is rich in both vitamins A and C.

### **Nutritional Information Per Serving:**

90 calories, 7g total fat, 4.5g saturated fat, 0g trans fat, 40mg cholesterol, 230mg sodium, 1g carbohydrate, 0g dietary fiber, less than 1g sugars, 4g protein, 6% DV vitamin A, 0% DV vitamin C, 4% DV calcium, 0% DV iron.