

# CRAB DIP WITH CRUDITES

Contributed by Noreen Valenta



First catch your crab! Rick Vancouver Island 2004

<b>1/2cup mayonnaise, reg. or reduced-fat</b>	<b>CRUDITES</b>
<b>2 tbsp. prepared horseradish</b>	<b>Belgian endive spears</b>
<b>2 tbsp. finely chopped onion</b>	<b>celery sticks</b>
<b>2 tsp. Worcestershire sauce</b>	<b>carrot sticks</b>
<b>9 oz. crabmeat</b>	<b>bell pepper strips</b>
<b>Tabasco Sauce</b>	<b>breadsticks &amp; crackers</b>

Blend first 4 ingredients together in a bowl.

Gently mix in the crab meat. Season with salt & pepper and the hot Tabasco. This can be prepared a day ahead, covered and chilled.

Place dip in a bowl and surround with veggies and crackers.