

Maryland

Crab Spread

Featured Food: Blue Crab

Makes: 7 servings

Ingredients

- 1 can crab (16 ounces)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup plain yogurt
- 1 tablespoon fresh dill
- 4 green onions, chopped

Directions

1. Drain crab and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or with veggies.
4. Garnish with fresh dill.



Recipe from: *Senior Nutrition Awareness Project (SNAP) Newsletters*, University of Connecticut Family Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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