

Warm Crab Dip
By: Dottie Baltz

Serves 8-10

- ~ 1 8oz. package of fat free cream cheese
- ~ 1 6 oz. can of crab meat, drained
- ~ 1 cup fat free mayonnaise
- ~ 1 cup fat free sour cream
- ~ 1 cup grated reduced-fat or fat free parmesan cheese
- ~ 1 cup sour cream
- ~ 1 cup imitation crab meat, flaked
- ~ 1/2 cup fat free shredded cheddar cheese
- ~ 4 cloves garlic, minced
- ~ 1 teaspoon reduced sodium seafood seasoning (similar to Old Bay)
- ~ 1 teaspoon dried parsley
- ~ 1/2 teaspoon hot pepper sauce
- ~ 3-6 teaspoons fiber powder (optional)
- ~ smoked paprika (garnish)

Preheat oven to 350 degrees.

Soften cream cheese and then add the remaining ingredients, stirring well. Spray a shallow glass dish with non-stick cooking spray, add the mixture, garnish with paprika and bake at 350 degrees for 45 minutes, or until the mixture is lightly browned on top and bubbly.

Serve warm with crackers or some other baked chip of your choosing.

I use a seafood seasoning that is purchased from my local farmer's market. It is much less salty than Old Bay and I think better for this dish. If all you have is Old Bay, reduce the amount to 1/2 teaspoon or you can try [this recipe](#) for seafood seasoning.

Fat free cheeses will melt better if the dish is covered or if you place a dish of water in the oven with the dish you are heating. Since this dish should not be covered while cooking, I prefer to place a dish of water on a rack below the rack I am placing this dish on. Works great.

If you don't have smoked paprika, regular sweet paprika, sold in all grocery stores, will work well also. I think the smoked paprika adds a little something extra to this dish and is worth buying if you can find it. I get mine at the farmer's market.

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