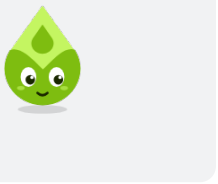
Snack

Crab Salad on Cucumber Rounds

Tender crab meat is folded into a creamy, tangy dressing with herbs and sweet relish, then spooned onto cool cucumber rounds for a simple chilled appetizer.

20 min	80	4 g	3 g
time	calories	carbs	sugars



Nut free

Ingredients, 7 servings

- [ ] 2 (6-oz) cans crab meat (drained (15% leg meat))
- [ ] 1/3 cup light mayonnaise
- [ ] 1 tsp Dijon mustard
- [ ] 2 stalks green onion (scallion) (sliced)
- [ ] 1/2 med red bell pepper (finely diced)
- [ ] 1 tbsp lemon juice
- [ ] 3/4 tsp dried tarragon (dried)
- [ ] 2 tbsp sweet relish
- [ ] 1/8 tsp cayenne pepper or paprika (to taste)
- [ ] 1/8 tsp black pepper (freshly ground)
- [ ] 2 med cucumber(s) (peeled and sliced into rounds)

Method

- [ ] **1** Drain the cans of crab meat well and place it in a medium mixing bowl.
- [ ] **2** Add the light mayonnaise, Dijon mustard, sliced green onion, finely diced red bell pepper, lemon juice, dried tarragon, sweet relish, cayenne pepper or paprika, and black pepper.
- [ ] **3** Mix everything together until the crab salad is evenly combined.
- [ ] **4** Arrange the cucumber rounds on a serving platter.
- [ ] **5** Top each cucumber round with a spoonful of the crab salad and serve.

Nutrition Facts

Per serving

Calories	**80**
Total fat	4 g
Saturated fat	0.5 g
Sodium	280 mg
Total carbs	4 g
Fiber	1 g
Total sugars	3 g
Protein	6 g

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