Dinner

Creamy Crab Salad Lettuce Cups

Flaky white crab meat gets tossed with crunchy celery, green onion and a tangy lemon and yogurt dressing, then spooned into cool lettuce leaves. It comes together in just minutes with no cooking.



Nut free

10 min	80	4 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 (6-ounce) cans white crab meat (drained)
- [ ] 2 stalks celery (diced)
- [ ] 2 stalks green onion (scallion) (sliced)
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp light mayonnaise
- [ ] 1 tbsp plain nonfat Greek yogurt
- [ ] 1/8 tsp black pepper
- [ ] 1/8 tsp hot sauce
- [ ] 4 leaves lettuce (large)

Method

- [ ] **1** Drain the white crab meat well and add it to a medium bowl.
- [ ] **2** Add the diced celery, sliced green onion (scallion), lemon juice, light mayonnaise, Plain Nonfat Greek yogurt, black pepper and hot sauce to the bowl.
- [ ] **3** Stir everything together until the crab is evenly coated in the dressing.
- [ ] **4** Arrange the large lettuce leaves on serving plates.
- [ ] **5** Spoon about 1/2 cup of the crab mixture onto each lettuce leaf.

Nutrition Facts

Per serving

Calories	**80**
Total fat	3 g
Saturated fat	0 g
Sodium	370 mg
Total carbs	4 g
Fiber	1 g
Total sugars	2 g
Protein	9 g

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