

Crab Melt Toast

INGREDIENTS

- 1 lb Louisiana crab claw meat
- 2 c shredded Swiss cheese
- 1 ½ c mayonnaise
- ½ c green onions, chopped
- ½ tsp salt and pepper, or to taste.
- 1 large loaf French bread, cut into 6 pieces, then sliced in half (12 pieces total)

DIRECTIONS

1. Combine crab meat with cheese, mayo, green onions, and salt and pepper.
2. Spread crab mixture over bread and bake open-faced at 350 degrees for about 15 minutes. Broil for a few seconds, if you wish.
3. Alternatively, If you would prefer to make dip: Combine ingredients into a shallow baking dish, and bake at 350 degrees for about 20 minutes, until it starts to bubble. Serve with toasted french bread or crostini.



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HEALTHY SWAPS

- **Lower Fat:** Use fat-free mayonnaise. **491 calories. 16g fat (7g saturated fat, 113mg cholesterol.) 52g carbohydrates (3g fiber, 10g sugar.) 36g protein, 1,438mg sodium.**
- **Lower Carbohydrate:** Serve as a warm dip with fresh vegetables, such as cucumber slices and celery sticks. **616 calories. 53g fat (13g saturated fat, 130mg cholesterol.) 5g carbohydrates (1g fiber, 2 g sugar.) 29g protein, 862mg sodium.**
- **Lower Sodium:** Use Salt-free Cajun seasoning in place of salt and pepper. Substitute 12 slices of salt-free bread for french bread. **760 calories. 57g fat (13g saturated fat, 130mg cholesterol.) 30g carbohydrates (4g fiber, 1g sugar.) 34g protein, 619mg sodium.**
- **Dairy-free:** Use vegan cheese. **765 calories. 49g fat (8g saturated fat, 97mg cholesterol.) 51g carbohydrates (2g fiber, 13g sugar.) 31g protein, 1,475mg sodium.**
- **Gluten-free:** Substitute 12 slices of gluten-free bread for the French loaf. **766 calories. 58g fat (13g saturated fat, 130mg cholesterol.) 30g carbohydrates (3g fiber, 7g sugar.) 31g protein, 1,101mg sodium.**

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		6 servings per container		Total Fat 55g	71%
Serving size		Saturated Fat 13g	65%	Dietary Fiber 2g	7%
2 Toasts		Trans Fat 0g		Total Sugars 4g	
Calories	810	Cholesterol 130mg	43%	Includes 0g Added Sugars	0%
		Sodium 1280mg	56%	Protein 36g	72%
per serving		Vitamin D 0mcg	0%	• Calcium 452mg	35%
		Potassium 152mg	4%	• Iron 4.3mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.