



Hot Crab and Fennel Dip

Ingredients:

- 1 can of crab meat or 3-4 ounces of fresh crab meat
- ½ cup of diced fennel bulb
- ¼ cup diced green onion
- 2 tbsp Walden Farms Amazing Mayo
- ¼ tsp dry mustard
- ¼ tsp paprika
- 1 tbsp lemon or lime juice
- 1 diced garlic clove
- Fresh salt and pepper

Directions:

1. Mix all above ingredients well.
2. Bake at 325 degrees for 35 minutes.
3. Serve hot with an assortment of Phase 1 veggies.