

Caribbean Crab Dip

1- 8 oz. softened package low-fat cream cheese

1- 4 oz. drained can white crab meat

1 diced medium tomato

1 diced large avocado

1 diced large mango

1 small bunch coarsely chopped cilantro

1 teaspoon lemon juice

1 bag original tortilla chips

In small bowl, mix cream cheese until smooth. Place cream cheese in center of serving platter and shape into dome. spread crab meat on top of cream cheese dome. In medium mixing bowl, combine tomato, avocado, mango, cilantro, and lemon juice . Place mixture around cream cheese dome. Deep refrigerated until ready to serve. Before serving place tortilla chips around edge of platter.

Yield: 6-8 servings.

Nutritious variations:

Substitute low-fat cream chesses with fat free cream cheese

Substitute avocado with 1 (15 oz can) black beans

Substitute original Tostito chip with baked Tostito chip.

Submitted by: Intermediate - Alyssa Chapman

County: Polk

Category: Nutritious Snack