

## A lighter, healthier version of baked crab dip

October 29 2019, by Len Canter, Healthday Reporter

---



(HealthDay)—Looking for a tasty seafood dip for your next family gathering? Everyone will love this baked crab classic that's been given a healthy makeover.

Crab is a great source of protein and makes an excellent base for a dip. It's low in calories and high in vitamin B12 and a variety of minerals. While fresh crabmeat often has the best flavor, if it's not available or is too costly, canned crabmeat works well.

This [recipe](#) also uses Greek yogurt and mozzarella for creaminess instead of traditional cream cheese. The yogurt in particular is very rich in protein, calcium and other nutrients, and a lot lower in fat and calories. And instead of using chips or crackers for dipping, serve an assortment of raw vegetables.

## **Baked Crab Dip**

- 2 cups plain Greek yogurt
- 1 cup grated part-skim mozzarella
- 1/2 cup [olive oil](#)-based mayonnaise
- 12 ounces crabmeat, fresh or canned and drained
- 4 scallions, thinly sliced
- 1/2 teaspoon seasoning salt
- 4 carrots, peeled and cut into matchsticks
- 4 celery stalks, trimmed and cut into matchsticks
- 1 cucumber, cut into matchsticks

Preheat oven to 400 degrees.

Place [yogurt](#) in a large bowl. Using a spatula, fold in the mozzarella, mayonnaise, crabmeat, scallions and seasoning salt until the scallions are well distributed. Turn the mixture into an 8-by-8-inch baking dish, smoothing over the top with the spatula.

Bake for 20 to 25 minutes until the top is golden brown and the dip starts to bubble around the edges. Serve while hot with the matchstick

vegetables for dipping.

Yield: 8 appetizer servings

**More information:** Learn more about the benefits of [crabmeat](#) from Seafood Health Facts.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: A lighter, healthier version of baked crab dip (2019, October 29) retrieved 23 November 2023 from

<https://medicalxpress.com/news/2019-10-lighter-healthier-version-crab-dip.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.