

Blue Crab Dip

Yield: 4½ cups

Serves approximately 6-8 people

Ingredients:

½ cup butter

1 cup thinly sliced white onion

1 garlic clove, minced

2 tablespoons all-purpose flour

1½ cup half-and-half

½ cup shredded swiss cheese

½ cup grated parmesan cheese

½ cup chopped fresh parsley

2 teaspoons worcestershire sauce

1 teaspoon hot sauce

½ lemon, juiced

1 tablespoon dry sherry (optional)

1 teaspoon freshly ground black pepper

1 pound fresh lump blue crabmeat



Preheat the oven to 350 degrees. Heat non-stick skillet over medium-high heat, add butter. Sauté onion and garlic until translucent in color, approximately 2 minutes. Stir in flour, cook for 1 minute. Gradually add half-and-half, cheeses, and remaining ingredients except crab. Once thoroughly combined, gently fold in crab meat without breaking up lumps. Pour into a lightly greased 8x8-inch baking dish. Bake at 350° for 40 minutes or until lightly browned and bubbly. Serve with Food Should Taste Good® Multigrain or Toasted Sesame Chips.

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