

# SPICY CRAB DIP

Source: marthastewart.com

Prepared by: Dave Eckert, December 2016

1/2 pound peeled and deveined frozen shrimp (any size), thawed  
1/2 cup reduced-fat sour cream  
1/2 cup light mayonnaise  
2 scallions, coarsely chopped, plus more for garnish (optional)  
1/4 cup finely chopped fresh parsley  
1 teaspoon finely grated lemon zest, plus 2 teaspoons fresh lemon juice  
Coarse salt and ground pepper  
Crostini, crackers, or crudité's, for serving

Fit a large saucepan with a steamer basket, and fill with 1 inch water; cover and bring to a boil. Add shrimp; cover and cook, tossing once, until opaque throughout, 30 seconds to 4 minutes (depending on size of shrimp). Immediately transfer to a colander, and run under cold water to stop cooking. Pat shrimp dry with paper towels, then finely chop.

In a medium bowl, combine shrimp, sour cream, mayonnaise, scallions, parsley, and lemon zest and juice; season with salt and pepper. Refrigerate shrimp dip until chilled, at least 30 minutes (and up to 2 days). Serve shrimp dip garnished with scallions, if desired, alongside crostini, crackers, or crudité's.

