

Roasted Corn and Crab Dip

Jackie Burke, 2015 Potluck

PREP 25 minutes ROAST 20 minutes
BAKE 20 minutes OVEN 425°F/375°F
MAKES 10 to 12 servings

Nonstick cooking spray

1 cup frozen whole kernel corn, thawed

1 cup chopped red sweet pepper

1 teaspoons olive oil

1 cup cooked crabmeat or one 6-ounce can crabmeat, drained, flaked, and cartilage removed

1 cup shredded Monterey Jack cheese with jalapeño chile peppers (4 ounces)

1/3 cup mayonnaise

1/4 cup sour cream

1/4 cup sliced green onions (2)

1/4 teaspoon freshly ground black pepper

Broken tostada shells, toasted baguette-style French bread slices, and/or crackers

1. Preheat oven to 425°F.

Lightly coat a 1 quart quiche dish or shallow baking dish with cooking spray; set aside. In a shallow baking pan combine corn and sweet pepper. Drizzle with olive oil; toss to coat. Roast, uncovered, about 20 minutes or until vegetables start to brown, stirring occasionally. Remove from oven and let cool. Reduce oven temperature to 375°F.

2. Meanwhile, in a medium bowl stir together crabmeat, cheese, mayonnaise, sour cream, green onions, and black pepper. Stir in roasted vegetables. Transfer mixture to prepared dish.
3. Bake about 20 minutes or until bubbly around edges. Serve with broken tostada shells.

PER SERVING 151 cal, 12gfat, 29 mg
chol, 180 mg sodium, 5g carb, 1g fiber, 7g pr