



Crab Rangoon

Makes 30 pieces

4 ounces light cream cheese, softened
1/3 cup light mayonnaise
1 clove garlic, minced
2 green onions, sliced
1-6 oz. can crabmeat, drained, rinsed and flaked
30 mini fillo cup shells

- Preheat oven to 400° F
- Mix cream cheese, mayonnaise, garlic and green onions together until smooth
- Stir in crab meat thoroughly
- Using a teaspoon, fill each fillo cup
- Bake for 7 minutes

Nutritional Information (per piece):

Calories: 40
Total Fat: 3g
Saturated fat: 1g
Carbohydrate: 2g
Fiber: 0g
Protein: 1.3g

Recipe from www.bigredkitchen.com