

**Recipe Category: Hot or Cold Main Dish** 

## Cheesy Crab and Spinach Bake

Yield: 2 servings, 3/4 cup each

*Meal Suggestion*: Serve with grape juice.

- Use as a dip with raw vegetable sticks, such as celery, and wedges of pita bread.
- Use as a sandwich filling with whole grain bread, buns or tortilla wraps.
- Use as a topping over baked potato halves.

1/4 cup, about 2 ounces, fat-free sour cream

2 teaspoons mustard, any kind

4 ounces water chestnuts OR artichoke heart pieces, canned in water (about 1/2 cup after draining)

2 tablespoons chopped onion

1/2 cup shredded part-skim mozzarella cheese

2 ounces or 1/2 cup, chopped crab-flavored surimi

1/2 cup firmly packed, about 1 ounce, coarsely chopped fresh spinach leaves

4 tablespoons grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Preheat oven to 350 degrees F.
- 3. In a mixing bowl, stir together sour cream and mustard.
- 4. Drain and coarsely chop water chestnuts.
- 5. Stir together all ingredients except the Parmesan cheese.
- 6. Spray a round 9-inch pie pan with non-stick cooking spray. Transfer the mixture into the pan and press it down evenly across the pan.
- 7. Sprinkle Parmesan cheese evenly over the top of the mixture.
- 8. Bake uncovered for 10 to 15 minutes or until hot.
- 9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

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This main dish may be served hot or cold. It is an excellent source of calcium and vitamin A, and a good source of vitamin C.

Nutrition Facts Serving Size 3/4 cup (190g) Servings Per Container 2			
Amount Per Serving			
Calories 240 Calories from Fat 90			
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 7g			35%
Trans Fat 0g			
Cholesterol 40mg			13%
Sodium 850mg			35%
Total Carbohydrate 20g 7%			
Dietary Fiber 2g			8%
Sugars 6g			
Protein 18g			
Vitamin A 35	% • '	Vitamin (	C 10%
Calcium 45%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C	Less than Less than Less than Less than tte	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/
The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out
more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University
Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved.
In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an
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