

Crab & Cucumber Bites



Recipe Courtesy Rebecca Cressman

Ingredients:

- 1/2 Pound of fresh crabmeat
- 3 peeled cucumbers
- 2 Tablespoon low- fat mayonnaise
- 2 Tablespoon finely chopped fresh cilantro
- 1 Tablespoon fresh lime juice
- 2 Tablespoon finely chopped green onions
- 1/2 Teaspoon of chili powder
- 2 Pinches (1/4 tsp) salt

Slice cucumber into 1/2 inch thick slices.
Mix mayonnaise, cilantro, lime juice, onions, salt, and chili powder.
Fold crabmeat into the mixture.
Lightly spoon spoonful of crab mixture on cucumber slices.
Serve or refrigerate.

Serves 4

Nutrition Facts

Calories	100
Total Fat	2.5g
Saturated Fat	0g
Cholesterol	45mg
Sodium	420mg
Carbohydrates	6g
Dietary Fiber	1g
Sugars	3g
Protein	14g

Diabetic Exchanges

Protein	2
Fat	.5
Carbohydrates	.5

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