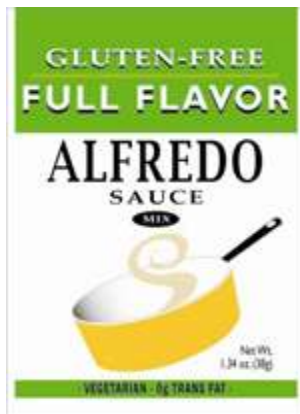


FULL FLAVOR FOODS



CRAB DIP ALFREDO



- 1 package of Alfredo Sauce Mix
- 8 oz. can Crab Meat
- 8 oz. cream cheese
- 1 C. mayonnaise
- 14 oz. can Artichoke Hearts, drained
- ½ tsp. black pepper
- 4 oz. minced sweet onion
- 8 oz. parmesan cheese, shredded
- 1 oz. (2 Tbsp) almonds, slivered

Prepare 1 package **Alfredo Sauce Mix**. Let sauce cool. Preheat oven to 375°F. In a food processor, mix together (in order) the following ingredients: 8 oz. canned crab meat, 8 oz. cream cheese, ½ C. (4 oz.) Alfredo Sauce, 1 C. mayonnaise, one 14 oz. can Artichoke hearts (drained) and ½ tsp. black pepper. “Coarse” chop ingredients together. Transfer ingredients to a mixing bowl and stir (by hand) 4 oz. minced sweet onion and 4 oz. of shredded Parmesan cheese. Spread ingredients evenly in an ovenproof casserole dish and sprinkle the remaining 4 oz. of Parmesan cheese on top. Garnish with 1 oz. (2 Tbsp.) slivered almonds. Bake until bubbly and lightly browned (about 15-20 minutes). Serve hot or at room temperature on GF crackers or toast triangles.

Makes approximately 32 oz. of dip.

*Note: if crab meat is available only in 16 oz. can, just double all other ingredients and freeze the remainder.