

Crab Salad With Corn Chips

Makes 8 (1/4-cup) servings

Corn Chips:

6 (6-inch) corn tortillas
1 teaspoon vegetable oil
1/4 teaspoon kosher (coarse)
salt

Crab Salad:

2 ounces reduced-fat cream
cheese
2 tablespoons chopped scallion
(green and white parts)

2 tablespoons low-fat
mayonnaise

1 1/2 tablespoons fresh lime
juice

1 teaspoon taco seasoning

1 3/4 cups lump crabmeat (about
6 ounces), shell bits removed

1/2 cup fresh tender corn
kernels

Cilantro leaves (optional)

1. **Prepare the Corn Chips:** Heat oven to 400 degrees. Brush one side of each tortilla with the oil and cut it into 8 wedges. Sprinkle with salt. Bake on a cookie sheet until lightly browned, about 6 minutes. Let cool. Store in an airtight container until time to use.

2. **Make the Crab Salad:** Mix the cream cheese, scallion, mayonnaise, lime juice and taco seasoning in a bowl. Gently stir in the crab and corn. Cover. Refrigerate for up to 4 hours.

3. Serve crab salad with corn chips. Garnish with cilantro, if desired.

Per serving: 103 calories, 6 grams protein, 12 grams carbohydrates, 3 grams fat, 27 milligrams cholesterol, 252 milligrams sodium.