

## CRAB DIP

- 2 7 ½ oz. tins of crab
- 1 8 oz. low fat cream cheese
- 1 tbsp tomato paste
- 1 tbsp ketchup
- 1 tbsp light mayonnaise (Hellmans)
- 2 fresh cloves garlic, minced
- ½ cup chopped celery
- ½ cup green onion, chopped
- Tabasco to taste. Refrigerate. Serve with pita wedges or crackers.