

APPETIZER:

CREAMY CRAB & RED PEPPER SPREAD

(makes 2 ¼ cups or 18 servings – 2 Tbsp spread & 6 crackers each)

2 green onion – thinly sliced  
1 tub (250g) light cream cheese  
1 can chunk crabmeat , drained  
½ cup shredded old cheddar (light)  
½ cup finely chopped red peppers  
1 Tbsp Dijon mustard

whole grain crackers

Reserve 2 Tbs onions –mix remaining onions with all remaining ingredients except crackers – cover – refrigerate at least 1 hour – sprinkle with reserved onions – serve with crackers