

Our State eats

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Crab & Artichoke Dip

Yield: 4-6 servings.

- 1½ teaspoon oil
- ½ medium red bell pepper, diced
- 1 14-ounce can artichoke hearts, drained and chopped
- ½ cup light mayonnaise
- ½ cup Parmesan cheese, shredded
- 1½ teaspoon Worcestershire sauce
- 1 tablespoon pickled jalapeno, finely chopped
- 1½ teaspoon fresh lemon juice
- 8 ounces fresh or pasteurized crab meat
- Salt to taste
- ½ cup sliced almonds (optional)

Sauté red bell pepper in oil for 3 minutes. Remove from stove top.

Preheat oven to 375°.

In a mixing bowl, combine sautéed pepper and all remaining ingredients except crab, and mix well.

Add in crab meat until just combined. Season to taste.

Add mixture to a small, greased baking dish. Top with sliced almonds if desired.

Bake for 30 minutes or until golden-brown and bubbly. Serve with toasted baguette slices or crackers.

Tip: May also be used as stuffing for mushroom caps.

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