



Shrimp and Crab Bruschetta

(Makes 12-14 servings)

Ingredients:

- 3 tablespoons vegetable oil, divided
- 1 tablespoon lemon juice
- 1 tablespoon fresh chives, chopped
- 1 tablespoon fresh mint, chopped
- 1 clove garlic, minced
- 1 6-ounce can crabmeat, drained
- 8 ounces peeled, deveined, cooked shrimp, coarsely chopped
- 1 cup tomatoes, chopped
- 1/2 cup onion, chopped
- 1 8-ounce French baguette
- Fresh ground pepper

Directions:

1. In a medium bowl, mix 1 tablespoon of the vegetable oil, lemon juice, chives, mint and garlic.
2. Add crabmeat, shrimp, tomatoes, and onion and mix well.
3. Cut baguette diagonally into 1/2-inch-thick slices. Brush each side with some of the remaining oil and sprinkle lightly with pepper.
4. Broil bread slices about 3-4 inches from heat for 1-2 minutes or until toasted. Turn and broil other side until toasted.
5. Spoon equal amounts of the crab mixture onto each toasted slice of bread and serve.

NUTRITION FACTS:

Serving Size: 1/12 of recipe (62 g)

Servings Per Recipe: 12

Amount per serving

Calories 106

Calories from fat 39

Total Fat 4 g

Saturated Fat 0 g

Cholesterol 17 mg

Sodium 168 mg
Total Carbohydrates 11 g

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