

Crab Endive Appetizers

Serves 5

Adapted by Tomomi Rector from a recipe she got from a caterer.

$\frac{1}{4}$ teaspoon finely minced garlic

1½ tablespoons mayonnaise

$\frac{1}{4}$ pound picked over, cooked
crab meat

Zest of 1 lemon

Juice of $\frac{1}{4}$ lemon

$\frac{1}{2}$ teaspoon whole grain mus-
tard*

1 tablespoon chopped green
onion

1 tablespoon finely chopped
red pepper

1 tablespoon finely chopped
celery

2 tablespoons finely diced
mango

Salt and freshly ground pepper
to taste

1 to 2 head Belgian endive
Cayenne pepper, for garnish

Instructions: Stir garlic into the mayonnaise. Combine crabmeat with mayonnaise and stir in re-
maining ingredients. Adjust salt and pepper to taste. Spoon about 1 tablespoon into each endive
leaf, garnish with a sprinkle of cayenne pepper and serve.

Per serving: 45 calories, 6 g
protein, 3 g carbohydrate, 1 g fat
(0 saturated), 18 mg cholesterol,
113 mg sodium, 2 g fiber.