

Crab Endive Appetizers

Serves 5

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

- ¼ teaspoon finely minced garlic
- 1½ tablespoons mayonnaise
- ¼ pound picked over, cooked crab meat
- Zest of 1 lemon
- Juice of ¼ lemon
- ½ teaspoon whole grain mustard*
- 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 remaining 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.