

ABC DIP (ARTICHOKE, BRIE AND CRAB)

Yield

Approximately 20 servings

Ingredients

1 medium	leek (white part only)	1
1 medium	sweet onion	1
3 large cloves	garlic, minced	3
2 Tbsp	butter	30 mL
1 12 oz. jar	drained artichoke hearts	340 g
1 pkg	frozen chopped spinach, thawed & well drained	300 g
1/4 cup	dry white wine	50 mL
1 cup	whipping cream	250 mL
1 lb	brie	450 g
3 Tbsp	fresh parsley, chopped	45 mL
2 Tbsp	fresh dill, chopped	30 mL
1 Tbsp	fresh tarragon chopped	15 mL
1 lb	crab meat (or imitation crab meat)	450 g
1 tsp	Dijon mustard	30 mL
	Tabasco, or to taste	5 mL

Directions

Trim and finely chop leek and onion. Rinse and finely chop artichoke hearts. Squeeze dry and finely chop spinach. Discard rind from Brie and chop into ¼ inch pieces. Cook leek, onion, garlic in butter on medium heat until onions are translucent (approximately 3 minutes). Stir in artichoke hearts and spinach. Add wine and cook stirring for 3 minutes. Add cream and simmer stirring 1 minute. On low heat add Brie stirring until it melts. Remove from heat and stir in herbs. In large bowl, combine crab meat, mustard, Tabasco. Add crab to cheese mixture and stir well. Preheat oven to 425°F. Lightly butter a baking dish. Spread mixture evenly in large baking dish and bake for 15-20 minutes until golden brown. Serve with thin baguette slices.

Nutritient Content

Per Serving: Energy: 168.5 Kcal · Carbohydrate: 4.5 g · Protein: 10.9 g · Fat (Total): 12.0 g · Calcium 103.3 mg