



Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



Hot Crab Dip

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. Nonna put together a Super Bowl Series highlighting delicious snacks for the super bowl. This recipe highlights Nonna's ketolicious crab dip. The recipe was originally taken from Step Away From the Carbs. Nonna, however, modified the recipe in that she added some of her favorite spices. Below is Nonna's revised recipe.

Ingredients:

16 ounces actual pre-cooked crab (**See Note 1**) (12 ounces canned crab)
1 pack (8 ounces) cream cheese (softened)
1/2 cup Duke's Mayonnaise
1/2 onion (finely chopped)
1/4 cup minced garlic
Gumbo Daddy's Cajun Seasonings
Jacobsen Garlic Salt
Dan Pastorini Garlic and Herb Seasonings
Hungarian Paparika
3/4 cup grated Romano cheese

Preparation:

1. Deshell crab meat
2. Mix cream cheese, mayo, onion, garlic, cheese, and crab meat in a baking pan.
3. Season with all the seasons listed above. (**See Note 2**)
4. Pre heat oven to 350° F, cook for 10-15 minutes. Check after 10 mins.

Note 1: Step Away from the Carbs recipe calls for 12 ounces canned crab meat. Nonna purchased 2 pounds of pre-cooked crab, peeled them, and used the meat.

Note 2: Nonna didn't measure any of those seasonings. Everything was cooked and edible so she simply taste tested it.

Note 3: For the original recipe, visit www.StepAwayfromtheCarbs.com. Search for Hot Crab Dip.

Nonna donates 50% of proceeds to JumpForTheRose.org.

