



# Hot Crab and Fennel Dip

## Ingredients:

- 1 can of crab meat or 3-4 ounces of fresh crab meat
- ½ cup of diced fennel bulb
- ¼ cup diced green onion
- 2 tbsp Walden Farms Amazing Mayo
- ¼ tsp dry mustard
- ¼ tsp paprika
- 1 tbsp lemon or lime juice
- 1 diced garlic clove
- Fresh salt and pepper

## Directions:

1. Preheat oven to 325° F.
2. Mix all above ingredients well.
3. Bake for 35 minutes.
4. Serve hot with an assortment of Phase 1 veggies.

Servings: makes 1 serving.

Each serving = 3-4 oz. lean protein, ¾ cup select vegetables, 1 extra.

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