

CRAB APPLE SALAD WITH MANGO

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 94

Total Carbohydrate: 6 g

Total Fat: 5 g

Dietary Fiber: 1 g

Saturated Fat: 1 g

Protein: 6 g

Sodium: 234 mg



Ingredients

Dressing

- 1 large garlic clove, chopped
- 1 ½ teaspoons apple cider vinegar

Salad

- 12 ounces Chicken of the Sea® fancy lump crab meat
- 1 large, firm-ripe mango, peeled, pitted, and cut into ¼ inch pieces (approximately 1 cup)
- 1 Tablespoon fresh cilantro, chopped
- ¼ cup green onion, chopped

- 2 Tablespoons extra-virgin olive oil
- Pinch of salt

- ¼ cup red bell pepper, diced
- ½ large jalapeno pepper, finely chopped
- ½ cup red delicious apple, chopped
- 6 large lettuce leaves to make lettuce wraps



OSF
HEALTHCARE

Directions

1. In a small bowl, combine garlic clove, apple cider vinegar, olive oil, and salt. Wisk until well mixed.
2. Gently mix crab, mango, cilantro, green onion, apple, red bell pepper, and jalapeno together in a bowl.
3. Pour dressing mix over salad and mix thoroughly. Place $\frac{1}{2}$ cup of salad onto a large lettuce leaf and serve.