

SPICY LIME SEAFOOD SCOOPS

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

Serves: 12 (Serving= 4 scoops)

Nutrition (per serving)

Calories: 84

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 204 mg

Total Carbohydrate: 8 g

Dietary Fiber: 1 g

Protein: 3 g



Ingredients

- 48 Tostito's® scoops
- Non-stick cooking spray
- 12 ounces Chicken of the Sea® lump crabmeat
- ½ cup pre-cooked shrimp, finely chopped
- ¼ cup light mayonnaise
- ¼ cup light sour cream
- ¼ cup grated Parmesan cheese
- 2 Tablespoons yellow bell pepper, finely chopped
- 2 Tablespoons red bell pepper, finely chopped
- ¼ cup green onions, thinly sliced
- 1 ½ Tablespoons fresh cilantro, finely chopped
- 1 ½ Tablespoons chipotle chiles in adobo sauce, rinsed, seeded and finely chopped (assure gluten free for GF version)
- ¾ tsp cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 medium avocado, peeled and diced
- 1 lime

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Arrange tortilla chips in a single layer on a baking sheet, lined with foil and sprayed with non-stick cooking spray.
3. In a large bowl, stir together all ingredients except for the avocado and lime juice.
4. Spoon 1 teaspoon of the crab mixture into each scoop.
5. Bake for 5 minutes or until thoroughly heated. Top the chips evenly with avocado and a squeeze of lime juice.