



Lunch, Yogurt

Blue Crab Salad Croissant

Prep time: 30-45 minutes Cook Time: Servings: 1

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Blue Crab Meat			1 Pounds
Scallions		Chopped	1 Each
Ribs Celery		Small diced	2 Each
Canned Hearts of Palm		Sliced 1/4 inch	1/2 Cup
Turmeric			1/2 tsp
Lemon Pepper			1/2 tsp
Kosher Salt			1 tsp
Tabasco			1/4 tsp
Non fat plain yogurt			3/4 Cup
Bakery Croissant			4 Each
Baby Mixed Salad Greens			1/4 Pounds
Shoestring Fried Potatoes			1 Cup

Instructions

1. Assure there are no shell fragments in the crab meat.
2. Prep all of the vegetables.
3. Combine all of the ingredients in a mixing bowl, and refrigerate for an hour before serving.
4. Slice open the fresh croissants.
5. Divide the crab salad onto the bottoms of the croissants.
6. Top with the baby greens, and the fried potatoes.
7. Place croissant tops on the potatoes and enjoy!

