



CHEESY CRAB BAGELS

- 1 can **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 1/2 medium red bell pepper, roasted and chopped
- 1/2 cup shredded cheddar cheese
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped green onion
- 1/4 cup sour cream
- 3/4 teaspoon Worcestershire sauce
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon Old Bay® Seasoning
- 4 onion bagels, split
- 3 ounces cream cheese, softened
- 4 lettuce leaves

In a bowl, combine the first 10 ingredients. Toast the bagels and spread with cream cheese. On the bottom half of each bagel, place a lettuce leaf and top with 1/4 of the crab mixture. Cover with bagel tops. *Serves 4.*

Per Serving: 338 Calories (131 Calories from Fat), 15g Fat, 17g Protein, 34g Carbohydrate, 72mg Cholesterol, 796mg Sodium

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