



Shrimp Salad Puff

- 1 can **Crown Prince Lump White Crab Meat**, drained and rinsed
- 1 can **Crown Prince Tiny Shrimp**, drained and rinsed
- 1 package frozen puff pastry
- 2 celery ribs, diced
- 1/2 cup chopped roasted green bell pepper
- 1/2 cup chopped roasted red bell pepper
- 2/3 cup sliced green onions
- 1/2 cup mayonnaise
- 1 teaspoon dill
- salt and pepper to taste
- lettuce leaves
- nonstick cooking spray



Preheat oven to 400°F. Spray the bottoms of a muffin pan with nonstick cooking spray and set aside. Cut puff pastry into 4" squares. Place squares of puff pastry onto bottoms of muffin pan. Bake for 20 minutes or until golden brown. Remove from oven and let cool.

In a bowl combine crab meat, shrimp, celery, roasted peppers, green onions, mayonnaise, dill, salt and pepper. Line each puff pastry cup with a lettuce leaf and fill with crab and shrimp mixture.

Servings: 6

Per Serving: 576 Calories (343 calories from fat), 38g Fat, 14g Protein, 44g Carbohydrate, 75mg Cholesterol, 604mg Sodium