Recipe For Health | NOVEMBER 2020

ANNIE GRIEG'S HOLIDAY CRAB DIP

"I'm a sucker for a super creamy dip at the holidays (and appetizers in general!) Crab makes me feel like it's a special occasion, lol."

Featured Food: Annie's Recipe

Yield: Serves 8-10

Ingredients

1 can artichoke hearts (-10-15 oz) in water, drained, chopped 16 oz can crab meat, drained

1 cup mayonnaise 1 tsp garlic paste (Or minced)

1 cup parmesan cheese 1 tsp ground chili pepper

1 cup shredded mozzarella cheese (or pepper jack for a kick)

Preparation

Mix all ingredients together in a medium bowl. Divide into oven safe dishes and bake at 375 (F) for 20 min.