



## CRAB DIP CROSTINI

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### Ingredients:

Red Onion, finely chopped	4 Tbsp.
Carrot, finely chopped	4 Tbsp.
Fresh Crabmeat	6 oz.
Cream Cheese	8 oz.
Olive Oil	1 oz.
Oregano	1 oz.
Parmesan Cheese, shredded	1 oz.
French Bread, sliced thinly	6 pieces
Fresh Chives	1 bunch
Parmesan Cheese	6 shavings

### Directions:

To make crostini, season each slice of French bread with oil, oregano and shredded parmesan cheese. Put in 350°F. oven and toast until golden brown, but still soft in the middle, about 5 minutes.

Mix red onion, carrot, crabmeat and cream cheese in a bowl and place even amounts on each crostini. Top each crostini with two finely chopped chives and two shavings of Parmesan. Use full chives to garnish the rest of the plate. Serves 3.

*This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.*