



## Ab-Fab Artichoke Crab Dip



1/12th of recipe (about 1/4 cup): 64 calories, 2.5g total fat (1.5g sat. fat), 302mg sodium, 4g carbs, 1g fiber, 2g sugars, 5g protein

**Prep:** 10 minutes    **Cook:** 5 minutes or less



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### Ingredients

1/4 cup light/reduced-fat cream cheese  
2 wedges The Laughing Cow Light Creamy Swiss cheese  
One 14-oz. can artichoke hearts, drained and chopped  
8 oz. (about 1 1/2 cups) roughly chopped imitation crabmeat or high-quality real crabmeat  
1/2 cup light sour cream  
1 tsp. chopped garlic  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. cayenne pepper, or more to taste  
1/8 tsp. each salt and black pepper, or more to taste  
2 tbsps. grated Parmesan cheese

### Directions

Place cream cheese and cheese wedges in a large microwave-safe bowl. Stir until smooth and well mixed.

Add all other ingredients *except* Parm. Mix thoroughly.

Microwave for 1 minute. Stir well.

Top with Parm, and microwave for 1 additional minute, or until warm.

### MAKES 12 SERVINGS

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