

## Spinach, Shrimp and Cheese Dip

1 can Crown Prince Tiny Shrimp, drained and rinsed

1 can Crown Prince Crab Meat, drained and rinsed

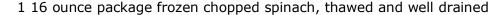
8 ounces cream cheese, softened

1/2 cup mayonnaise

1/3 cup sliced green onions

1/2 teaspoon garlic powder

salt and black pepper to taste



1 cup shredded Italian cheese blend

1/2 cup chopped roasted red peppers

Beat cream cheese, mayonnaise, green onions, garlic powder, salt and black pepper in a small bowl with an electric mixer on medium speed until well blended. Add spinach, shrimp and crab meat; mix until just blended.

Stir in shredded cheese and red peppers; cover and refrigerate for at least 1 hour before serving.

Servings: 12

Per Serving: 162 Calories (108 calories from fat), 12g Fat, 9g Protein, 5g Carbohydrate,

65mg Cholesterol, 358mg Sodium