



## *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 16 ounce package frozen chopped spinach, thawed and well drained

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*