

Arcadian Harvest Emerald® Crab Louis

Servings

4

Calories

380

Prep Time

15 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 4 cups Mann's Arcadian Harvest Emerald®
- 2 cups fresh Dungeness crab meat
- 1 avocado, sliced
- ½ English cucumber, sliced
- 4 Roma tomatoes, quartered
- 4 tablespoons minced chives
- 8 lemon wedges, for garnish

Louis Dressing

- 1½ cup mayonnaise
- ¼ cup chili sauce
- 3 tablespoons green onions, finely minced
- 3 tablespoons green bell pepper, finely minced
- 1 tablespoon fresh lemon juice
- 1½ teaspoon Worcestershire sauce
- ¼ teaspoon hot pepper sauce



The Method

Whisk together all ingredients in a large bowl.

Evenly divide salad mixture amongst 4 plates. Top each evenly with crab, tomatoes, cucumber and avocado and sprinkle with chives. Place dressing in a ramekin and serve on the side with two lemon wedges.

Nutrition Facts

Serving Size: 509g | Servings: 4

Amount Per Serving

Calories 380 | Total Fat 22g (sat fat 3g trans 0g) | Cholesterol 75mg | Sodium 780mg | Total Carbohydrate 20g | Dietary Fiber 3g | Sugars 6g | Protein 26g | Vitamin D 0% | Calcium 20% | Iron 90% | Potassium 15%