

Crab Salad in Endive

Makes about 3 to 4 dozen

This simple salad is all about the crab. You can also fill the endive leaves with your favorite tuna or chicken salad recipe. A good quality deli salad is a no-fuss alternative. The photograph is on Page G1.

- 1 pound crab meat, picked over**
- ½ cup finely diced celery**
- ½ cup mayonnaise**
- 1½ to 2 tablespoons snipped chives**
- ⅛ teaspoon Old Bay Seasoning + more to taste**
- Zest of 1 lemon**
- Lemon juice, to taste**
- Black pepper, optional, to taste**
- 3 to 4 endives**

Instructions: Combine the crab meat, celery, mayonnaise, chives, Old Bay Seasoning, lemon zest, lemon juice and black pepper, if

using. You will have about 3 cups. The salad can be made ahead and kept refrigerated until assembly.

Separate the endive leaves until you reach the very small ones in the center, which you can save for another use. Trim the bottom ends of the leaves as needed so they are similar in length. Spoon about 2-3 teaspoons into each leaf. Place close together on a serving platter and serve while the salad is still chilled.

Per piece: 38 calories, 3 g protein, 1 g carbohydrate, 3 g fat (0 g saturated), 11 mg cholesterol, 69 mg sodium, 0 g fiber.



Pairing: The flavors of crab, bacon and earthy eggplant and pesto are disparate, but can be pulled together with the right wine. Try a rosé or sparkling wine, both of which have just the right celebratory touch.