

Summertime Crab Enchiladas

1 pound crab, diced
1 cup small red onion, chopped
1 cup Roma tomatoes, diced
1/2 cup cucumber, diced
1/4 cup cilantro, chopped
1 cup nonfat sour cream
1 small avocado, sliced
12 corn tortillas
Salsa

1. In medium bowl, mix crab, onion, tomato, cucumber, cilantro, and sour cream.
2. Toss gently to combine without breaking up the crab.
3. Spread each tortilla with about 2-3 tablespoons crab filling. Roll. Garnish with a sliced avocado. Serve with salsa.

Makes 12 servings.

Per serving: 242 calories, 8 gm total fat, 3 gm saturated fat, 22 mg cholesterol, 202 mg sodium.

Source: *Seafood Twice a Week* by Evie Hansen & Cindy Snyder

Comments: When we have fresh vegetables onboard, this is a great recipe to use with crab we've caught (at least when we have crab...). It is served at room temperature, making it a perfect warm weather meal. I usually cut this recipe in half and save half of the filling for a second dinner...I have found that it will keep a day or two in the refrigerator.