

Creamy Crab Dip

8 ounces of low-fat cream cheese (make sure it's room temperature so it's easier to combine)

8 ounces of lump crab meat (or imitation crab meat, chopped)

2 tablespoons of horseradish

2 tablespoons of ketchup

Several dashes of a hot sauce of choice

In a serving bowl combine everything with a plastic spatula or spoon. Once everything is combined, scrape the sides of the bowl down, press plastic wrap over the top of the dip, and place in the refrigerator overnight. Once people arrive, remove the plastic from the bowl and place alongside some crackers.

Serves 8-12 as an appetizer.

Low-fat Creamy Spinach Dip

1 10 ounce package of frozen spinach

1 cup of plain fat-free yogurt

4 ounces of fat-free cream cheese

1/4 cup grated Parmesan cheese

1/4 cup finely chopped scallion or chives

1/2 teaspoon of garlic powder (or 1 minced clove of garlic)

juice from 1/4 of a fresh lemon

Thaw the package of spinach on a plate on your counter or overnight in your refrigerator. Place three or four paper towels on top of each other and place the thawed spinach on top of them. (Or you can use cheesecloth, which can be washed and reused several times.) Bring the sides up and slowly squeeze to get as much of the moisture out of the spinach as possible. Place that into a large bowl. Open the yogurt and pour off any liquid floating on top before adding to the spinach. Add the softened cream cheese and the remaining ingredients to the bowl. Stir to combine. Taste and add more lemon juice or salt as needed. If you desire, you can also add several dashes of hot sauce to the dip.