

CRAB SALAD

SERVES: 4

PREP TIME: 5 Minutes

COOK TIME: 0 Minutes

INGREDIENTS

- 1/2 cup yogurt, plain non-fat
- 1 lemon, juiced
- 2 Tbsp. green onions
- 2 Tbsp. olive oil
- 1 grapefruit
- 1 oz. walnuts (14 halves)
- Cayenne pepper, to taste
- 1-8 oz. bag spinach
- 1-6 oz. can crab meat
- 1/2 cup lentils, cooked
- Salt and pepper, to taste



DIRECTIONS

1. Mix yogurt, lemon juice, green onion and olive oil together. Add salt & pepper.
2. Cut grapefruit into sections.
3. Meanwhile heat oven to 300°F.
4. Toss walnuts with cayenne pepper and place into oven for 4 to 5 minutes. Keep an eye on walnuts to make sure they do not burn.
5. Remove walnuts and let cool.
6. Toss spinach with dressing.
7. Toss with crab meat.
8. Sprinkle lentils on top and add walnuts.
9. Place grapefruit pieces around edge.
10. Serve and enjoy!

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