

ZESTY CRAB ROLLS

INGREDIENTS

CRABMEAT MIXTURE

2 cans (184 g per can) crab meat, rinsed with water and drained well

2 tablespoons onion, minced or grated

1/2 cup radish, chopped

1 tablespoon dill, chopped (or 2 teaspoons dried dill)

1/4 cup of chopped cilantro or parsley

1/2 teaspoon Worcestershire sauce

Tabasco, a few shakes (optional)

1 Tablespoon lemon juice

1/2 cup homemade mayonnaise

4 soft white bread rolls

Lettuce leaves and paprika for the finishing touch

EASY HOME-MADE MAYONNAISE

3 egg yolks

1/4 cup freshly squeezed lemon juice

1 teaspoon Dijon mustard

3/4 cup olive oil

Black pepper to taste

PREPARATION

- 1** For mayonnaise: whisk together yolks, lemon juice and mustard. Drizzle oil into the mixture and whisk until blended and creamy. Season to taste with black pepper. The extra may be stored in a clean glass jar (closed with a lid) in the fridge for up to 1 week.
- 2** Mix all ingredients for the crabmeat mixture in a bowl. Divide filling between fresh rolls, add lettuce leaf, sprinkle with paprika and serve.

Health Canada strongly recommends to use pasteurized egg products instead of raw eggs when you are preparing uncooked homemade foods that use raw eggs.

Note: *The easy mayonnaise recipe is a great base for many lunch salads! Try it with left-over cold salmon or chicken breast!*



PREPARATION: 20 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

(1 large roll with 1/4 of filling recipe)

Renal exchange:

2 starch + 2 protein

Calories **434 kcal**

Protein **16g**

Carbohydrates **33g**

Fibre **2g**

Total Fat **26g**

Saturated Fat **4g**

Cholesterol **119mg**

Sodium **548mg**

Potassium **240mg**

Phosphorus **186mg**