



Photo: Kelsey Mikolajewski

## Asian Crab Salad-Topped Brown Rice Crisps

From *“The Biggest Loser Quick And Easy Cookbook”*

I love the elegance of this appetizer when served on round brown rice crackers. You can serve it at fancy events (trust me, I know because I have!), and people will never suspect that they're eating a Biggest Loser-approved recipe. In fact, they're more likely to think it's really rich, as most crab salads are. This one is just as decadent but way lower in calories!

The super-crisp brown rice crackers are an excellent choice because they almost seem like they're fried. If you can't find the tamari-seasoned variety, opt for sesame or any other flavor that complements this yummy dish with an Asian flare.

2 whole medium scallions, trimmed and finely chopped (about 1/3 cup)  
2 tablespoons all-natural light sandwich spread (I used Spectrum Naturals Light Canola Mayo)  
1 teaspoon hot sesame oil  
1/4 red bell pepper, finely chopped (about 1/3 cup)  
8 ounces lump crabmeat, drained if necessary  
24 brown rice crackers, preferably tamari-seasoned (I used Edward & Sons Baked Tamari Sesame Brown Rice Snaps)

In a small mixing bowl, stir the scallions, sandwich spread, oil, and pepper until well combined. Gently stir in the crabmeat just until combined. Mound 1 tablespoon of the crab on each cracker. Serve immediately.

### **Makes 6 (4-cracker) servings**

**Per serving:** 87 calories, 8 g protein, 8 g carbohydrates (trace sugar), 2 g fat, trace saturated fat, 49 mg cholesterol, <1g fiber, 223 mg sodium

**TAKE IT TO GO!** To make this a portable snack, pack the crab salad in a resealable plastic container and store it in a cooler bag or the refrigerator. Carry the crackers in a resealable plastic bag. You want to keep the crab salad and the crackers separate until the last minute so the crackers don't become soggy. Scoop the crab with the crackers and enjoy.

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