

# Crab and Rice Salad

*Lee Haugen*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

## **Servings: 4**

*1 can (7-1/2 ounce)  
crabmeat (or one 6-ounce  
package frozen crab)  
3 cups cooked rice  
1 package (10 ounce)  
frozen small peas, cooked  
4 stalks celery, finely  
chopped  
1/3 cup sliced green onions  
1/2 cup sour cream  
1 cup mayonnaise  
1 tablespoon Spice Islands  
salad seasoning  
1 tablespoon fresh lemon  
juice  
salt (to taste)  
pepper (to taste)  
Bibb lettuce leaves  
curry powder (for garnish)*

In a bowl, combine the crab, rice, peas, celery, green onions, sour cream, mayonnaise, salad seasoning, lemon juice, salt and pepper.

Chill for 24 hours.

Serve on a leaf of Bibb lettuce. Sprinkle lightly with curry powder.

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Per Serving (excluding unknown items): 646 Calories; 53g Fat (71.3% calories from fat); 6g Protein; 43g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 367mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat.