

Shrimp and Crabmeat Spread

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 cans shrimp, drained
1 pound fresh crabmeat
1 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon grated onion
2 teaspoons prepared
mustard
1 teaspoon Worcestershire
sauce
1/2 teaspoon garlic salt
1/4 teaspoon salt
1/4 teaspoon Accent®
seasoning mix*

In a bowl, mash the shrimp with a fork.

Add the remaining ingredients. Mix well.

Refrigerate and let stand a few hours before serving.

Per Serving (excluding unknown items): 1611 Calories; 188g Fat (97.7% calories from fat); 6g Protein; 4g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 3151mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 16 Fat; 0 Other Carbohydrates.