

## Yield: 1 1/2 cups

2 1/2 cans (6.5 ounce ea) Bumble Bee chopped clams, drained 1/2 cup mayonnaise 1/2 cup sour cream 2 ounces cream cheese, softened 2 tablespoons chives, minced 2 tablespoons parsley, minced In a small bowl, combine the clams, mayonnaise, sour cream, cream cheese, chives and parsley. Stir well.

Serve with chips, crackers, celery sticks, pite wedges, Melba toast or cocktail rye bread.

Per Serving (excluding unknown items): 1237 Calories; 137g Fat (94.9% calories from fat); 10g Protein; 7g Carbohydrate; trace Dietary Fiber; 152mg Cholesterol; 858mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 16 1/2 Fat.