



Crab Parmesan Spinach Dip

8 oz Lump Crab Meat
6 oz spinach
6 oz mushrooms sliced
3 garlic cloves minced
2 cups whole milk
1 cup heavy cream
6 oz shredded Parmesan
4 oz shredded mozzarella
2 T unsalted butter
2 T all purpose flour
1 t garlic powder
1 t onion powder
1/4 t crushed red pepper
3 T olive oil
S + P to taste

- 1.) In a medium size cast iron pan, add olive oil and bring to medium high heat.
- 2.) Add mushrooms to pan, and sauté until tender; about 4 to 5 mins.
- 3.) Add spinach, pinch S + P and crushed red pepper, and sauté until wilted and tender.
- 4.) Remove spinach and mushrooms from pan, add butter and flour, whisk into a light blond roux; about 2 to 3 mins.
- 5.) Add milk and heavy cream, bring to a boil, continuously whisking until slightly thickened.
- 6.) Reduce heat to a simmer, and add mozzarella cheese, 1/2 of Parmesan cheese, garlic powder and onion powder; whisk until melted and forms cheese sauce.
- 7.) Fold in crab meat, sautéed veggies and season to taste with S + P.
- 8.) Add remaining shredded Parmesan cheese to the top of crab dip, and broil in oven until golden brown; about 3 to 5 mins.
- 9.) Allow to cool about 6 to 8 mins, before eating; caution very hot!*
- 10.) Enjoy with tortilla chips, pita bread, veggies, etc...