

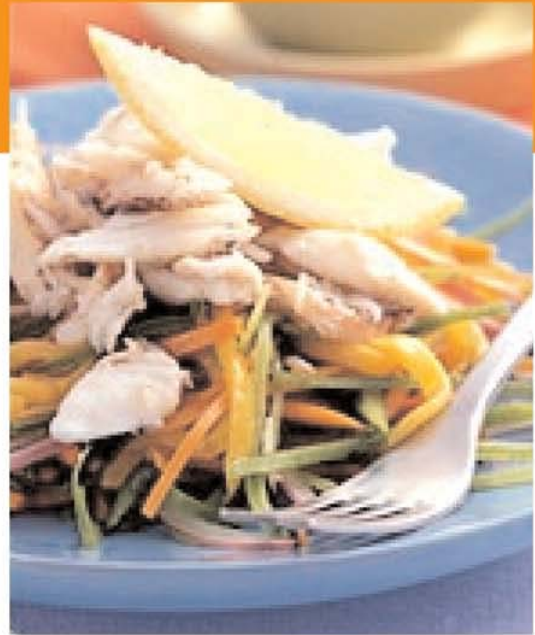
# Cool off this summer with this great dish.



## ASIAN-STYLE CRAB SALAD

**POINTS®** value - 5  
Servings - 4  
Preparation Time - 25 min  
Cooking Time - 0 min  
Level of Difficulty - Easy

This Asian-influenced salad gets some of its flavor from tamari, a brown sauce made from soybeans. Use it to flavor other dipping or basting sauces, too.



### Ingredients

1 pound lump crabmeat	2 cups snow peas, julienned
2 medium carrots, julienned	2 tsp sesame oil
2 medium green mangoes, julienned	3 Tbsp rice wine vinegar
1 small red onion, julienned	3 Tbsp tamari sauce

### Instructions

1. Pick over crabmeat for shells; set aside.
2. In a large bowl, stir together carrots, mangoes, onion and snow peas. Sprinkle with oil, vinegar and tamari; toss well. (Note: If you can't find green mangoes at your grocery store, check at an Asian or Indian specialty market.)
3. Divide salad mixture among 4 plates. Top with crabmeat and serve. Yields about 2 1/4 cups per serving.

PER SERVING: 260 Calories, 4 g Total Fat, 100 mg Cholesterol, 1,160 mg Sodium, 29 g Carbohydrates, 5 g Dietary Fiber, 28 g Protein



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