

# CREAMY CRAB AND ARTICHOKE DIP

## Recipe from Foodies Across the Pond

This recipe is in honor of the 49ers. San Francisco is known for it's seafood, especially it's crab. And it's also well know for it's sourdough bread, so it makes perfect sense to combine both into one delicious appetizer! For the crab, if you're in the US, Costco has excellent Dungeness crab meat for a really good price. If you're not able to get crab, this is fabulous without!

## INGREDIENTS

- 1 cup roughly chopped artichoke hearts (I love using frozen, and thawing them slightly first....be sure to drain off any liquid. You can also use jarred, just drain off the liquid)
- 1 cup mayonnaise (yes, you can use yogurt if you're not a fan of mayonnaise)
- 1 cup grated Parmesan cheese (you can also combine cheese and use Parmesan, Gruyère or Mozzarella)
- 1 cup fresh Dungeness crab meat
- 4-5 slices of sourdough, quartered (you want them to be cracker size), and toasted (drizzle with olive oil before toasting for an extra tasty crunch)

## DIRECTIONS

Preheat oven to 375 degrees F.

In a medium bowl, mix artichoke hearts, mayonnaise, cheese and crab together. Spoon into an oven safe casserole dish and bake for 15-20 minutes, until the top is golden and the sides are bubbly.

Let the dip cool for a few minutes — it will be crazy hot when it first comes out of the oven. Serve with toasted sourdough slices or your favorite crackers.