

# Crab Salad in Crisp Wonton Cups



Recipe courtesy of Ellie Krieger

Show: Healthy Appetite with Ellie Krieger | Episode:  
Holiday Happy Hour

Total: 35 min  
Prep: 25 min  
Cook: 10 min  
Yield: 6 servings (serving size is 3 pieces)  
Level: Intermediate

## Ingredients:

### For the Wonton Cups:

- Nonstick cooking spray
- 18 wonton wrappers, thawed (if frozen)
- 2 teaspoons canola oil
- 1/4 teaspoon salt

### For the dressing:

- 1 teaspoon lime zest
- 2 tablespoons fresh lime juice
- 1/4 teaspoons salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon dried hot red pepper flakes
- 2 tablespoons olive oil

### For the salad:

- 1/2 pound lump crabmeat, picked over
- 1 stalk celery, finely diced
- 1/2 cup finely diced mango
- 1/4 cup thinly sliced scallions
- 2 tablespoons coarsely chopped fresh cilantro leaves

## Directions:

- 1** Preheat the oven to 375 degrees F. Spray 2 mini-muffin tins with cooking spray.
- 2** Brush the wonton wrappers with oil, and place each wrapper into a section of a mini-muffin tin. Gently press each wrapper into the tin and arrange so that it forms a cup shape. The wrapper will overlap itself and stick up out of the cup. Sprinkle with salt and bake for 8 to 10 minutes, until browned and crisp. Remove from the tin and allow wrappers to cool.
- 3** Meanwhile whisk together the zest, lime juice, salt, pepper, and pepper flakes. Add the oil and whisk until well combined.
- 4** In a medium bowl, toss together the crabmeat, celery, mango, scallion and cilantro. Add dressing and toss to combine. Fill each cup with the crab salad and serve.



*Consumption of raw or undercooked eggs, shellfish and meat may increase the risk of foodborne illness.*

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