

# Maryland Crab Dip

1 Serving | 1 Leanest | 3 Condiments | 1 Fueling

## Ingredients

1 packet Maryland Crab Soup  
1½ cups (12 oz) 1% cottage cheese  
1 garlic clove, minced  
1½ Tbsp diced onion  
1/8 tsp low-sodium Old Bay® seasoning

## Instructions

Combine all ingredients in a food processor. Blend until smooth.  
Cover tightly and chill until ready to serve. Serve with raw vegetables.