

Alaska Crab Legs with Dipping Sauces



Preparation Time: 10 minutes

Cook Time: 10 minutes

Servings: 8

Ingredients:

3 to 4 pounds Alaska Crab legs (King, Snow or Dungeness), thawed or frozen

Fill large sauté or fry pan to 1/2-inch depth with water; add crab legs and bring to boil; reduce heat, cover and simmer for 8 to 10 minutes for frozen crab or 3 to 4 minutes for thawed crab, until heated-through. Drain and serve with dipping sauce of choice.

Description:

Rouille Sauce:

1/3 cup bottled roasted red peppers

2 cloves minced garlic

2/3 cup low-fat mayonnaise

1 teaspoon lemon juice

1/2 teaspoon red pepper flakes

Combine peppers and garlic in food processor and process until well minced. Pulse in remaining ingredients until well combined.

Basil-Mint Pesto Sauce:

2 cups fresh basil leaves

1-1/2 cups fresh mint leaves

1/2 cup olive oil

3 Tablespoons toasted walnuts

3 cloves garlic

3-1/2 teaspoons lemon juice

1/2 cup grated Parmesan cheese

Combine basil, mint, oil, walnuts, garlic and lemon juice in a food processor; puree until smooth. Add Parmesan and pulse until well combined.

Variation: For a creamier sauce, combine 1/4 cup Basil-Mint Pesto sauce with 1/2 cup low-fat mayonnaise.

Mediterranean Dip:

1 jar (6.5 oz.) artichoke hearts, drained and chopped

1 cup grated Parmesan cheese

1 cup low-fat sour cream

1 cup low-fat mayonnaise

1/4 cup sun-dried tomatoes (dehydrated or drained), chopped
1 can (4 oz.) sliced olives, drained
1/4 cup chopped fresh chives OR 2 Tablespoons sliced green onions

Blend artichoke hearts, Parmesan cheese, sour cream, mayonnaise, sun-dried tomatoes, olives, and chives in bowl.
Variation: Bake at 350°F until bubbly.

Butter Sauce:

1/2 cup unsalted melted butter
1 Tablespoon lemon juice
3/4 teaspoon garlic salt
1/2 teaspoon dried dill weed
Dash white pepper

Blend ingredients together in a bowl.

Cook's Tip: Dips can also be prepared up to two days in advance, reheating butter sauce as needed.