**Crab Roll**

Preparation

Active  
20 m  
Ready In  
20 m

**Ingredients**

¼ cup low-fat mayonnaise  
1 tablespoon freshly grated lemon zest  
3 tablespoons lemon juice  
10 dashes hot sauce, such as Tabasco  
½ teaspoon freshly ground pepper

⅛ teaspoon salt  
¼ cup finely chopped shallot  
¼ cup finely chopped celery  
¼ cup thinly sliced fresh chives, divided  
12 ounces cooked crabmeat (about 2 cups; see Tip), drained if necessary, any shells or cartilage removed  
8 leaves red or green leaf lettuce  
4 whole-wheat hot dog buns (toasted, if desired)

**Directions**

Whisk mayonnaise, lemon zest, lemon juice, hot sauce, pepper and salt in a medium bowl. Thoroughly mix in shallot, celery and 3 tablespoons chives. Mix in crab very gently so it doesn't break up too much. Line each bun with lettuce and divide the crab filling among the buns. Garnish with the remaining 1 tablespoon chives.

Make Ahead Tip: Cover and refrigerate the crab filling (Step 1) for up to 1 day.  
Tip: Crabmeat (already removed from the shell) can be purchased canned, in shelf-stable pouches, frozen or pasteurized. Pasteurized usually has the best flavor; look for it in the fresh seafood section of the market. Crab from the U.S. and Canada are both considered good choices for the environment. If you live in an area known for crab, you may be able to get freshly cooked crabs at the seafood counter of your local market.

<http://www.eatingwell.com/recipe/250277/crab-roll/>

**Nutrition information**

Serving size: 1 crab roll, about ⅔ cup crab filling  
Per serving: 238 calories; 5 g fat(1 g sat); 4 g fiber; 29 g carbohydrates; 21 g protein; 47 mcg folate; 102 mg cholesterol; 5 g sugars; 4 g added sugars; 1,307 IU vitamin A; 10 mg vitamin C; 162 mg calcium; 6 mg iron; 768 mg sodium; 269 mg potassiumNutrition Bonus: Iron (33% daily value), Vitamin A (26% dv)Carbohydrate Servings: 2Exchanges: 1½ starch, ½ other carbohydrate, 2 lean meat, 1 fat