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ALASKA CRAB LEGS WITH DIPPING SAUCES

Prep Time: 10 minutes

Cook Time: 10 minutes

Makes 4 Servings

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.

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.

Note: Dips can also be prepared up to two days in advance, reheating butter sauce as needed.

Nutrients per serving (includes crab):

Rouille Sauce: 477 calories, 16g total fat, 2g sat fat, 31% calories from fat, 181mg cholest, 73g protein, 5g carb, .4g fiber, 3704mg sodium, 191mg calcium and 400mg omega-3 fatty acids.

Basil-Mint Pesto Sauce: 680 calories, 36g total fat, 6g sat fat, 49% calories from fat, 79g protein, 6g carb, 4g fiber, 3516mg sodium, 431mg calcium and 1300mg omega-3 fatty acids.

Mediterranean Dip: 485 calories, 21g total fat, 6g saturated fat, 41% calories from fat, 141mg cholesterol, 55g protein, 12g carbohydrate, 2g fiber 3040mg sodium, 368mg calcium and 300mg omega-3 fatty acids.

Butter Sauce: 535 calories, 24g total fat, 16g sat fat, 43% calories from fat, 227mg cholesterol, 73g protein, .5g carb, .1g fiber, 3668mg sodium, 185mg calcium, and 400mg omega-3 fatty acids.