



Healthy Eating & Weight Loss

She Crab Soup

- 2 tsps olive oil
- 1 small onion, finely chopped
- 1 celery stalk, finely chopped
- 2 scallions, sliced
- 4 cups low-fat (1%) milk
- 3 tbsp all-purpose flour
- 1/2 pound lump crabmeat
- 1 tsp grated lemon zest
- 3 Tbsp dry sherry
- 1 hard cooked egg yolk, chopped or crumbled
- 2 tbsp fresh chopped parsley

In a large saucepan, heat oil over medium heat. Add onion, celery, scallions. Stirring occasionally, until softened, about 5 minutes. Add milk and flour and whisk until smooth.

Bring to a simmer and cook, stirring frequently, 5 minutes. Stir in the crab, lemon zest. Cook until the crab is heated through about 3 minutes. Stir in the sherry.

Ladle into bowls and sprinkle with egg yolk and parsley. Makes 6 servings.

163 calories per serving, 14 g protein

Be sure to visit us for more great recipes!!

<http://www.douglasvilleweightloss.com>