

Crab Rangoon Dip

This creamy and cheesy crab rangoon dip is a great appetizer for any holiday or celebration.



PREP TIME

5 mins

COOK TIME

25 mins

TOTAL TIME

30 mins



COURSE

Appetizer

CUISINE

Chinese

SERVINGS

8



CALORIES

440 kcal

INGREDIENTS

Dip

- 8 ounces cream cheese softened
- 3 green onions sliced
- 12 ounces canned crab meat drained
- ¼ cup mayo
- ¼ cup sour cream
- 1 tablespoon Worcestershire sauce
- 2 teaspoons soy sauce
- 2 teaspoons lemon juice
- ¼ cup fresh parmesan cheese
- 1 cup shredded Colby-Monterey Jack cheese set aside an additional ½ cup (optional)
- 1 teaspoon salt
- 1 teaspoon pepper
- sweet chili sauce

Crispy Wontons

- 1 package wontons wrappers
- olive oil or cooking spray
- salt to taste

INSTRUCTIONS

Dip

1. Preheat your oven to 350°F.

2. In a medium bowl, combine the cream cheese, green onions, drained crab, mayo, and sour cream well.
3. Add the Worcestershire sauce, soy sauce, lemon juice, parmesan cheese, Monterey jack cheese, salt and pepper. Combine ingredients thoroughly with a hand mixer to make sure that your dip is extra smooth and fluffy.
4. Spread your creamy mix in an 8x8 pan and sprinkle with the extra cheese you set aside if you're a cheese lover. Bake in oven for 20 to 25 minutes or until bubbling.
5. Once it's out of the oven, pour on some of the sweet chili sauce over. Garnish with some chopped green onions or parsley if you like.

Crispy Wontons

1. Open up a package of wonton wrappers and cut each wrapper in half to make two triangles.
2. Lay each wonton triangle on a baking sheet and lightly spritz each triangle with cooking spray or olive oil and sprinkle with some salt.
3. Bake them for 4 to 5 minutes. The wontons should have crispy browned edges and a white center. Be careful not to overcook them. They can burn easily because they're so thin.

NOTES

TIP: You can also make this recipe in a crockpot or a slow cooker. Simply mix all the ingredients and cook for 2 hours on low while stirring at least once.

TIP: Make sure to drain the crabmeat can before adding it to the dip mixture as you would do with a can of tuna.

TIP: Make sure your cream cheese is at room temperature so that you don't end up with lumps in your cream cheese mixture.

TIP: Our wontons took about 9 minutes. At the 5 minute mark, they were still pretty raw but they do brown quickly so you need to keep an eye. A lot will depend on your oven as to how fast they will bake.

NUTRITION

Calories: 440kcal	Carbohydrates: 36g	Protein: 20g	Fat: 24g
Saturated Fat: 11g	Polyunsaturated Fat: 4g	Monounsaturated Fat: 6g	Trans Fat: 1g
Cholesterol: 102mg	Sodium: 1177mg	Potassium: 268mg	Fiber: 1g
Sugar: 2g	Vitamin A: 675IU	Vitamin C: 3mg	Calcium: 259mg
Iron: 3mg			