

# Maryland Crab Lettuce Cups

**Makes:** 8 Servings

“Feeling blue or crabby? This tasty pick-me-up highlights Maryland blue crab meat, which is with other ingredients in a Bibb lettuce cup that can be rolled up for fun eating,” says Colby. “Working with my mom, we nixed some ingredients and reduced others. We also reworked proportions and used fresh-frozen foods in place of some items not in season right now, to save money. I then presented two options to three tough critics: my preschool siblings, including a very picky eater. This dish got smiles and clean plates all around, so it’s a hands-down winner.” Jacob serves this treat with Delmarva Chips—baked whole-wheat tortillas dusted with seasonings and sea salt—and an Apple-Tomatillo Green Salsa.

## Ingredients

- 2 tablespoons** unsalted butter
- 1/2 pound** Maryland blue crabmeat (lump or backfin)
- 3** fresh limes, zested and juiced
- 1 cup** frozen corn
- 1/2** red bell pepper, seeded and chopped
- 1/4 teaspoon** smoked paprika
- 1/4 teaspoon** cumin
- Sea salt and freshly ground black pepper
- 1 tablespoon** grapeseed oil or olive oil
- 2** fresh oranges, juiced
- 1** head of Bibb lettuce
- 1/2 cup** micro greens or salad greens
- 1** avocado, pitted, peeled, and cut into thin slices
- 1/2 cup** low-fat Jack cheese, shredded

## Directions



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	143	
Total Fat	8 g	
Protein	8 g	
Carbohydrates	11 g	
Dietary Fiber	3 g	
Saturated Fat	3 g	
Sodium	180 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Fruits	1/4 cup
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1. **In a large nonstick skillet**, melt 1 tablespoon butter over medium heat. Add the crabmeat and zest of 1 lime and cook for 3 minutes, or until crab turns light brown. Remove crab to separate bowl and set aside.

2. **In the same pan**, melt remaining tablespoon butter over medium heat, add the corn, red pepper, smoked paprika, cumin, and 1 tablespoon lime juice. Cook until kernels start to turn golden--brown, about 5 minutes. Season with salt pepper, to taste. Set aside.

3. **To make citrus dressing**, in a small bowl, whisk together oil, remaining lime juice and zest, and all of the orange juice. Add salt and pepper, to taste.

4. **To Assemble**: Set out 8 plates and place two Bibb lettuce leaves on each plate, so that each leaf forms a cup shape. To each lettuce cup, add: 1 tablespoon micro greens, 2 tablespoons corn mixture, 2 tablespoons crab meat, and 1 tablespoon Jack cheese. Drizzle 2 teaspoons citrus dressing over each lettuce cup. Serve with avocado slices (not shown).

The 2016 Healthy Lunchtime Challenge Cookbook