

Heart-Healthy Soft-Shells

Ingredients

4 Soft-Shell Crabs
Vegetable Oil
1/4 tsp. Salt
1/4 tsp. Pepper
4 cups Spinach leaves (or other lettuce if preferred)
1 cup Carrots, shredded
1 cup Grapes, halved
1/3 cup Light Poppy Seed Dressing

Directions

Lightly coat crabs with vegetable oil. Season both sides with salt & pepper.

Pre-heat & grease grill. Grill crabs on the backs for 4 minutes over medium-high heat. Turn crabs & grill 4 additional minutes.

Divide spinach, carrots, & grapes on 4 plates. Place crabs on top. Drizzle with dressing.

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