

Crab or Salmon Lettuce Cups

Serves 5 as an entrée or makes 20 individual hors d'oeuvres.

You can season this dish with tarragon or dill.

Ingredients:

- 12 oz Aquamar Shred Style Crab Flavored Seafood or Shred Style Smoked Salmon Flavored Seafood
 - 1 head butter lettuce (may need 2 heads if making hors d'oeuvres to use only the smaller inner leaves)
 - 1/2 cup plus 2 tablespoons sour cream or crème fraiche
 - 1 – 2 tablespoons fresh prepared horseradish
 - 1 teaspoon finely grated lemon zest (about 1 lemon)
 - 1 tablespoon fresh lemon juice (about 1/2 lemon)
 - 2 teaspoons dried tarragon (4 teaspoons chopped, if using fresh tarragon)
- OR**
- 2 teaspoons dried dill (4 teaspoons chopped, if using fresh dill)
 - A generous sprinkling of cracked black pepper
 - Fresh herbs, sprouts, or micro greens for garnish

Preparation:

Put Aquamar Shred Style Crab Flavored Seafood or Shred Style Smoked Salmon Flavored Seafood into a mixing bowl and fluff with a fork. Add all ingredients except lettuce and mix well. Start with 1 tablespoon horseradish and add to taste. (Note: prepared horseradish loses much of its flavor if stored in the refrigerator for any length of time.)

Tear off lettuce leaves, wash, and completely dry. Use 10 large leaves if preparing entrée salad or 20 small leaves for hors d'oeuvres.

To assemble, lay out all lettuce leaves and evenly distribute the seafood mixture. Garnish with fresh herbs, sprouts, or micro greens.

