

# 'MOCK CRAB' WATERCRESS SALAD

## INGREDIENTS

- 1/2 C Vegenaize **OR** Smart Beat non-fat mayo
- 2 t Dijon mustard
- 2 t Lemon juice
- 1/2 t Garlic (minced)
- 1/4 t Hot red pepper sauce
- 1/4 t Salt
- 2 T Green onions (scallions) (chopped)
- 2 T Capers (small) (drained)
- 1 T Shallots (minced)
- 1 T Parsley leaves (chopped)
- 1 Egg, (hard-boiled) (peeled & grated)
  
- 1 lb 'Mock crab' **OR** Tuna
- 1 pint Tomatoes (cherry) (heirloom **OR** Sweet 100 or Sweet 100's) (washed) (halved)
- 1 pint Tomatoes (yellow) (teardrop) (washed) (halved)
- 4 bunches Watercress (fresh) (small bunches) (rinsed)
- 1/4 C Chives (fresh) (chopped)
- 3 T Olive oil (extra virgin)
- Salt & pepper (to taste)



## DIRECTIONS

- 1 Whisk together the first 11 ingredients
- 2 Gently fold in the 'mock crab meat' **OR** the tuna into the 11 ingredient mix
- 3 Be careful not to break up the lumps
- 4 Adjust the seasonings to your taste
- 5 Refrigerate for 30 minutes
- 6 In a large bowl, combine the red tomatoes, yellow tomatoes, watercress & 3 T chives
- 7 Season with salt & pepper (to your taste)
- 8 Drizzle the olive oil over the salad & toss to coat well
- 9 Arrange the tomato & watercress mixture on each of 8 salad plates
- 10 Divide the crabmeat mix evenly among the tops of the salad tomatoes & watercress
- 11 Garnish the salads with the remaining tablespoon of chopped chives & serve immediately

