

## **Egg and Crab Cups**

9 eggs  
1 can (4 ¼ oz) lump crab meat, drained  
1 cup saltine cracker crumbs, about 24 squares, crushed  
¼ cup finely chopped celery  
3 tablespoons finely chopped onion  
2 tablespoons reduced-fat mayonnaise  
1 tablespoon Worcestershire sauce  
7 drops hot pepper sauce  
1 teaspoon salt  
¼ teaspoon freshly ground black pepper

Preheat oven to 350 degrees. Evenly coat 12 muffin cups (2 ½ inch) with cooking spray. In a large bowl, beat eggs. Stir in crab meat, cracker crumbs, celery, and onion until well blended. In a small bowl, stir together mayonnaise, Worcestershire, hot pepper sauce, salt, and pepper until thoroughly blended. Pour mayonnaise mixture into egg mixture and stir together until well blended. Spoon a scant 1/3 cup of egg mixture into each muffin cup. Bake until lightly browned and knife inserted near center comes out clean, about 20 to 22 minutes. Remove from pans and serve immediately with Dipping sauce.

## **Dipping sauce**

½ cup reduced-fat mayonnaise  
2 tablespoons sweet pickle relish  
4 to 5 drops hot pepper sauce

In a small bowl, stir all ingredients together until well blended.