



Crab & Shrimp Mousse

Submitted by: Rita Votava

2 envelopes gelatin powder
¼ C cold water
1 C cream of shrimp soup or cream of mushroom
1 C low fat mayonnaise
¼ t salt
2 dashes Louisiana Hot Sauce
1 t Worcestershire Sauce

1 - 8 oz. low fat cream cheese
1 can crabmeat or small shrimp
1 C minced celery
1 T green onions, chopped
1 T onion, grated
1 small can drained mushrooms
½ t lemon juice

Dissolve gelatin in cold water and put aside.

Heat soup slowly. Remove from heat and add next 4 ingredients. Add cream cheese (creamed). Add dissolved gelatin and cool mixture. Add remainder of ingredients and blend gently.

Spray your favorite mold with non-stick spray and fill. Refrigerate 2-3 hours.

Freezes well. Especially good on cocktail rye bread. Also can be served with any crackers.