



## CRAB LOUIE SALAD

Category: Crab

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### **Crab Louie Salad**

Crab Louie Salad is a quintessential American seafood dish, often enjoyed as a refreshing and indulgent entrée or appetizer.

Originating from the West Coast in the early 20th century, this salad combines fresh crab meat with crisp vegetables, hard-boiled eggs, and a creamy dressing, offering a balance of textures and flavors.

The tangy dressing, typically a Thousand Island-style or a simple vinaigrette, complements the sweetness of the crab, making it an irresistible dish for seafood lovers.

This crab salad is perfect for summer dining, special occasions, or when you want to treat yourself to something light yet filling. Let's dive into how to make this flavorful and satisfying Crab Louie Salad!

### **Ingredients**

For the Salad:

1 pound fresh crab meat (lump or backfin, preferably cooked)

4 cups mixed greens (such as arugula, lettuce, or spinach)

1/2 cup cherry tomatoes, halved

1/2 cucumber, sliced

1/4 red onion, thinly sliced

2 hard-boiled eggs, quartered

1/4 cup Kalamata olives (optional)

1/4 cup fresh parsley, chopped (for garnish)

For the Dressing:

1/2 cup mayonnaise

2 tablespoons ketchup

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce

1/2 teaspoon hot sauce (optional)

Salt and freshly ground black pepper, to taste

## How to Make Crab Louie Salad

### Prepare the Salad Base:

Start by preparing the mixed greens. You can use a combination of arugula, spinach, and lettuce for variety, but feel free to use any of your favorite greens. Place the greens in a large salad bowl or divide them between individual serving plates.

### Arrange the Vegetables:

Add the sliced cucumber, halved cherry tomatoes, and red onion on top of the greens. These vegetables add a crisp, refreshing contrast to the rich crab meat and dressing. You can also add olives for an extra layer of flavor, though this is optional.

### Add the Crab Meat:

Carefully arrange the fresh crab meat over the salad. If using lump crab meat, gently break it into large chunks, making sure it stays tender. The crab should be the star of the dish, so aim for a generous portion of crab on top of the vegetables.

### Make the Dressing:

In a small bowl, whisk together the mayonnaise, ketchup, Dijon mustard, lemon juice, Worcestershire sauce, and hot sauce (if using). Taste the dressing and adjust seasoning with salt and

pepper as needed. If you prefer a tangier dressing, add more lemon juice or Worcestershire sauce.

Assemble the Salad:

Drizzle the dressing over the salad, or serve it on the side for individual preferences. Arrange the quartered hard-boiled eggs around the salad for added protein and visual appeal. Garnish with fresh parsley for a pop of color and freshness.

Serve:

Serve the Crab Louie Salad immediately as a light main dish or an appetizer. For an extra indulgence, you can serve the salad with a side of crispy toast or crackers. This salad pairs wonderfully with a crisp white wine or sparkling water for a refreshing, elegant meal.

Chef's Note

Crab Options: Fresh, cooked crab meat is ideal for this dish. You can use lump crab meat for the best texture and flavor, but backfin or claw meat will work as well. If fresh crab isn't available, high-quality canned crab meat can be used as a substitute.

Make-Ahead Dressing: The dressing can be made ahead of time and stored in the refrigerator for up to 3 days. This allows the flavors to meld together. Just give it a good stir before using.

Add-Ins: For a twist, you can add avocado slices, roasted bell peppers, or even asparagus for extra flavor and texture.

Serving Tips: If you prefer a more substantial meal, serve the Crab Louie Salad with boiled potatoes or a side of cornbread.

### **Nutrition Information (Per Serving, 1/4 of Recipe)**

Calories: 400

Protein: 32g

Carbohydrates: 10g

Fat: 26g

Fiber: 3g

Sodium: 590mg

Cholesterol: 240mg

### **Conclusion**

Crab Louie Salad is a delightful and versatile dish that showcases the sweetness of fresh crab, complemented by crisp vegetables and a creamy dressing. It's a perfect option for seafood lovers who want a light yet satisfying meal that feels both refreshing and indulgent. Whether enjoyed as a main course or as part of a larger spread, this classic salad is sure to impress with its vibrant

colors, bold flavors, and irresistible crab. Give it a try, and elevate your dining experience with this coastal-inspired dish!