

Easy Cheesy Baked Shrimp and Crab Dip with Fresh Veggies

The Ultimate Baked Seafood Dip: A Creamy, Cheesy Masterpiece



OVEN
350°F

TIME
1 min

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INGREDIENTS

Seafood: 1/2 lb fresh/defrosted raw shrimp and 4 ounces lump or claw crab meat.

The Holy Trinity (plus): 1/2 cup finely diced onion, 1/2 cup finely diced green bell pepper, 1/4 cup finely diced celery.

Aromatic Heat: 1 tbsp minced jalapeno and 3 cloves garlic (minced and smashed with 1/4 tsp salt).

Greens: 1/2 cup chopped spinach and 1/4 tsp chopped parsley.

Dairy: 1-2 tbsp butter, 3-4 ounces cream cheese (softened), 2 1/2 cups freshly grated Gouda cheese, and 1/2 cup Gruyere cheese.

Seasoning: 1 tsp Old Bay seasoning, 1/8-1/4 tsp crushed red pepper flakes, and Paprika to taste.

DIRECTIONS

1. **Prep the :** Oven: Preheat your oven to 350°F.
2. **SautØ the Aromatics:** In a large cast-iron skillet over medium heat, melt the butter. Add the onion, bell pepper, celery, and jalapeno. Cook until tender and fragrant.
3. **Wilt and :** Season: Stir in the chopped spinach, your smashed garlic-salt paste, and the Old Bay seasoning. SautØ just until the spinach is wilted.
4. **Cook the :** Seafood: Add the crab and the chopped shrimp to the skillet. Stir for about 1 minute-just until the shrimp starts to turn opaque. Don't overcook here, as it will finish in the oven!
5. **Get :** Cheesy: Remove the skillet from the heat. Stir in the cream cheese, Gouda, and Gruyere until the mixture is thick and fully combined. Smooth out the top and sprinkle generously with paprika.
6. **Bake to :** Perfection: Place the skillet in the oven and bake for 15 minutes. You're looking for a bubbly edges and a lightly golden brown top.
7. **Garnish and :** Serve: Remove carefully, garnish with fresh parsley and extra red pepper flakes, and serve immediately.

SWAPS & NOTES

The Seafood: If you can't find lump crab, claw meat works beautifully and is often more budget-friendly.

Ensure the shrimp are peeled, deveined, and chopped into bite-sized pieces.

The Cheese: I strongly recommend grating your own cheese.

Pre-shredded bags contain anti-clumping agents that prevent that perfect, gooey "cheese pull." The Spice: This recipe has a mild kick.

TIPS FOR SUCCESS

Pat Dry: Make sure to pat your shrimp and crab dry before adding them to the skillet.

Excess moisture can make the dip watery.

Garlic Paste: Mashing the garlic with salt creates a paste that distributes the flavor evenly throughout the dip so you don't get a single "garlic bomb" bite.

Cast Iron is King: A cast-iron skillet retains heat better than glass, keeping your dip warm and melty for much longer while it's on the table.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-cheesy-baked-shrimp-and-crab-dip-with-fresh-veggies/>