

Crab Stuffed Mushrooms

Ingredients

1 cup crabmeat	white mushroom caps
1/2 cup cream cheese	1/2 cup bread crumbs
1/2 cup fresh parsley leaves, chopped	Nonstick cooking spray
1/2 cup green onions, chopped	To taste: salt, black pepper, garlic powder
4 tbsp parmesan cheese	
2 Portobello mushroom caps or 10	

Directions

Preheat the oven to 375° F. Combine the crabmeat, cream cheese, parsley, green onions, and parmesan. Season with salt, black pepper, and garlic powder to taste. Stuff the mushroom caps with the mixture and top with bread crumbs. Spray the tops with nonstick cooking spray to help them brown.

Transfer to the oven and bake for 20 minutes, or until the filling is hot and melted.

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