



Crab Cake Stuffed Mushrooms

Ingredients

- 18 medium fresh mushrooms
- 8 ounces NC lump crab meat, drained, flaked, and cartilage removed
- 1/3 cup mayonnaise
- 3 tablespoons seasoned bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 garlic clove, minced
- Minced fresh parsley, optional
- **All of our crab meat comes in 16 ounce containers, so use half for this recipe and the remainder for Sneads Ferry Crab Dip.**

Directions

- Remove stems from mushrooms (discard stems or save for another use); set caps aside.
- In a small bowl, combine the crab, mayonnaise, bread crumbs, cheese, and garlic. Stuff into mushroom caps. Place on a greased **baking sheet**.
- Bake at 400° until mushrooms are tender, 20-25 minutes. If desired, sprinkle with parsley.

Nutrition Facts

1 stuffed mushroom: 51 calories, 4g fat (1g saturated fat), 10mg cholesterol, 81mg sodium, 2g carbohydrate (0 sugars, 0 fiber), 3g protein.

I recommend adding lemon juice, old bay seasoning, more garlic (I use garlic paste] and lightly salt the inside of the mushrooms before filling, or brush them lightly with melted butter.