



## 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.**
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### 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.