



### Sneads Ferry Crab Casserole

Sauté

1 T Canola Oil & 2 T Butter  
½ cup chopped onion  
½ cup chopped bell pepper  
½ cup chopped fresh mushrooms

Add 1 tsp mustard (prepared or Dijon)  
½ tsp thyme  
1 T parsley (fresh chopped is best)  
¼ tsp oregano  
½ tsp Old Bay Seasoning  
1 T Worcestershire sauce

Add 16 oz. crabmeat ( Lump or Claw can be used, but always pick through the meat to remove any small pieces of shell fragments.

In a small bowl mix:  
1 beaten egg (or egg substitute)  
2 T mayo (light is ok)  
2 T sour cream (light is ok)  
½ cup parmesan cheese  
1-2 T dry white wine

Fold egg mixture into crab & vegetable mixture. (Don't add it all if it seems too soupy)

Pour into a greased (Pam) baking dish

Top with buttered Pepperidge Farm breadcrumbs & extra cheese

Bake 350 until casserole is set, 25-30 Minutes

Contributed by Sarah Webb from Sneads Ferry, NC