



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