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# Crab-Stuffed Mushrooms II (Hot)

*Mariette Bissonnette*

*Nettles Island Cooking in Paradise - 2014*

**1 can crabmeat, drained**

**12 large mushrooms**

**4 tablespoons butter, margarine or olive oil**

**2 tablespoons finely minced onion**

**1 to 4 cloves garlic**

**1/4 cup cracker or bread crumbs OR Italian bread crumbs**

**1 tablespoon chopped parsley**

Remove the stems and lightly brown the top side of the mushroom caps. Place the caps down in a baking dish. Set aside.

In the remaining butter, stir the mushroom stems, onion, garlic and parsley. Add the crabmeat and crumbs. Mix well.

Fill the mushroom caps with the stuffing.

Bake at 350 degrees for 8 minutes.

Yield: 12 stuffed mushrooms

## **Appetizers**

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*Per Serving (excluding unknown items): 177 Calories; 2g Fat (11.5% calories from fat); 29g Protein; 11g Carbohydrate; 3g Dietary Fiber; 105mg Cholesterol; 407mg Sodium. Exchanges: 3 Lean Meat; 2 1/2 Vegetable.*