

## **Appetizers**

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# **Saybrook Crab-Stuffed Mushrooms**

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**Large cap mushrooms**

**1 can lump crabmeat**

**1/4 cup Italian breadcrumbs**

**2 tablespoons parmesan cheese, grated**

**1 1/2 sticks butter**

**3 tablespoons mozzarella cheese , grated**

**1 tablespoon garlic powder**

Preheat oven to 350 degrees.

Take the cap mushrooms and dig out the stems with a knife; wash in cold running water. Place cap mushrooms in a 5x7 metal pan in rows.

Take the crabmeat, remove paper, strain into a medium bowl. Mix breadcrumbs with the crabmeat.

Add garlic powder and one stick butter to the mixture. Mix well into a moist stuffing. Mix in parmesan cheese.

Take a teaspoon of stuffing and place into each mushroom cap and pack firmly. Mount the stuffing above the level of the mushroom cap.

Cut 1/2 stick of butter into slices and place between mushroom caps in bottom of pan.

Sprinkle mozzarella cheese over mushrooms.

Place in oven for 25-30 minutes, basting with the butter from pan bottom every 15 minutes.

When cheese has melted and light brown crust has formed, remove from oven and serve hot.

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Per Serving (excluding unknown items): 1411 Calories; 142g Fat (89.4% calories from fat); 31g Protein; 7g Carbohydrate; trace Dietary Fiber; 486mg Cholesterol; 1989mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 28 Fat.