

Crabby Mushrooms

Helen B Tannehill

The Pennsylvania State Grange Cookbook (1992) Spinach Squares

Servings: 24

*1 can (6 ounce) crabmeat,
rinsed, drained & flaked
2 teaspoons fresh lemon
juice
1/3 cup black olives, finely
chopped
1/4 cup mayonnaise
2 tablespoons fresh parsley,
chopped
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
24 fresh mushrooms, stems
removed
freshly grated Parmesan
cheese*

Preheat the oven to 400 degrees.

In a medium bowl, toss the crab meat with the lemon juice. Add the olives, mayonnaise, parsley, garlic powder and onion powder. Mix well.

Spoon the mixture into the mushroom caps. Sprinkle with Parmesan cheese. Arrange the mushrooms on a large baking sheet sprinkled with water. Cover with foil.

Bake for 12 to 15 minutes. Remove the foil.

Bake for 5 minutes longer or until golden.

Per Serving (excluding unknown items): 28 Calories; 2g Fat (67.3% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.