
Crab Meat Muffins

Karen Kelly - Hudson's Saginaw

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

6 English muffins

butter

1 jar (16 ounces) pasteurized process cheese spread

2 cans (6 ounce ea) crab meat, well drained, flaked and cartilage removed

4 teaspoons Worcestershire sauce

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

Preheat the oven to 350 degrees.

Toast the English muffins. Butter them. Place the muffins in a shallow baking dish.

In a saucepan, combine the cheese and crab meat. Stir over low heat until the mixture can be stirred easily.

Stir in the Worcestershire sauce, onion powder and garlic powder. Continue to heat for 5 minutes longer. Spoon the cheese mixture over the muffins.

Bake for about 20 minutes or until lightly browned.

Breads, Muffins

Per Serving (excluding unknown items): 1095 Calories; 9g Fat (8.0% calories from fat); 82g Protein; 163g Carbohydrate; 9g Dietary Fiber; 240mg Cholesterol; 2683mg Sodium. Exchanges: 10 Grain(Starch); 7 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.