

RECIPE OF THE WEEK

Crab Stuffed Mushrooms

Ingredients

- 1 lb button or cremini mushrooms - stems removed
- 7 oz lump crab meat
- 3 green onions - chopped
- ½ cup grated Parmesan - divided
(For Maintenance only)
- ⅓ cup approved mayonnaise
- ½ tsp. paprika
- ½ tsp. garlic powder
- ¼ tsp. sea salt or pink Himalayan salt
- ¼ tsp. black pepper
- 2 tsp. fresh minced parsley



Preparation

1. Preheat the oven to 350°F (conventional), or 310°F (fan assisted) and line a baking sheet with parchment paper.
2. In a medium bowl, mix together the crab, chopped green onions, mayonnaise, paprika, garlic powder, salt, black pepper, parsley, and 1/4 cup of the grated parmesan (if in Maintenance).
3. Fill each mushroom with the mixture then sprinkle the remaining cheese over the top.
4. Bake for 15 minutes or until cooked.
5. These are best eaten immediately, however, you can store them in an airtight container in the refrigerator for up to 2 days. Reheat under the broiler for 2-3 minutes or until hot.
6. Serve and enjoy!

