

CRAB STUFFED PORTOBELLO MUSHROOMS



INGREDIENTS

ITEM	QUANTITY
Portobello Mushroom Caps	12
Olive Oil	
Eggs	2
Chopped celery	1/4 cups
Chopped Red Bell pepper	1/4 cups
Chopped fresh parsley	2 tbsp.
Chopped fresh dill	1 tbsp.
Approved mayonnaise	1½ tbsp.
Dijon mustard	2½tbsp.

ITEM	QUANTITY
Lemon juice	2 tbsp.
Worcheshire sauce	1 tsp.
Old bay seasoning	2 tbsp.
Onion powder	1 tsp.
Garlic powder	1 tsp.
Sea salt	1 tsp.
Black pepper	1 tsp.
Paprika	1 tsp.
Lump crab meat	1 lb
Ideal Protein Croutons	1/2 cups
Lemon Wedges	To taste



PREPARATION

- ✔ Clean and scrape off the gills on the inside of the portobello mushroom caps
- ✔ Lightly drizzle with olive oil and sprinkle with sea salt on the cleaned portobello mushroom caps
- ✔ Take bowl to prepare the crab filling to combine the eggs, celery, red bell pepper, parsley, dill, Approved mayonnaise, Dijon mustard, lemon juice, Worcestershire sauce, old bay seasoning, onion powder, garlic powder, sea salt, black pepper, and paprika
- ✔ Fold in the lump crab meat and Ideal Protein Croutons, carefully not breaking the crab. Cover with plastic wrap and refrigerate for at least 1 hour.
- ✔ Preheat the oven to 350°F. Once the crab filling is set, scoop the crab filling into each portobello mushroom cap. Bake for 20 minutes until mushrooms are tender.
- ✔ Sprinkle old bay seasoning on top and serve with lemon wedges.
- ✔ Enjoy!