

CRAB & CORN STUFFED ZUCCHINI

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Zucchini	4	Fresh Lemon Juice	1 Tbsp.
Lump Crab Meat, picked over for shells	8 Oz.	Dijon Mustard	1 Tsp.
		Old Bay Seasoning	¼ Tsp.
Corn Kernels, fresh or thawed	½ Cup	Garlic Powder	¼ Tsp.
Plain Greek Yogurt	¼ Cup	Black Pepper	¼ Tsp.
Light Mayonnaise	2 Tbsps.	Panko Breadcrumbs	¼ Cup
Finely Chopped Red Bell Pepper	¼ Cup	Grated Parmesan	2 Tbsps.
Finely Chopped Green Onion	2 Tbsps.	Olive Oil	1 Tsp.

SERVING SIZE **2 STUFFED ZUCCHINI HALVES**

PREPARATION

- Preheat the oven to 400°F.
- Slice the zucchini in half lengthwise. Use a spoon to scoop out the center, leaving about ¼ inch of flesh around the edges.
- Arrange the zucchini halves cut-side up on a lightly greased baking sheet. Bake for 8 minutes.
- Meanwhile, gently combine crab, corn, Greek yogurt, mayonnaise, red pepper, green onion, lemon juice, Dijon, Old Bay, garlic powder, and pepper.
- Remove the zucchini from the oven and carefully blot away excess moisture.
- Divide the crab mixture evenly among the zucchini halves.
- Mix panko and Parmesan together. Sprinkle over the tops and lightly drizzle with olive oil.
- Bake for another 12-15 minutes, until heated through and lightly golden on top.

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