



Crab-stuffed Mushrooms



Appetizer, Entree, Meat, Optavia

Prep 20 minutes • **Cook** ~30 minutes • **Makes** 1 • **Difficulty** Easy • **Source**

Brady Worster via Facebook

INGREDIENTS

- 3.5 oz lump crab meat (1/2 leanest)

- 2 oz part-skim mozzarella (1/2 lean)

- 1 clove garlic, minced (1 condiment)

- 1 Tbsp green onions, finely diced (1/4 green)

- 1 Tbsp red bell pepper, finely diced (1/4 green)

- 1 Tbsp grated parmesan cheese (1 condiment)

- 1/4 tsp ground black pepper (1/2 condiment)

- 1/4 tsp dried dill weed (1/2 condiment)

- 1 1/4 cups mushroom caps (2 1/2 green)

DIRECTIONS

1. Preheat the oven to 375 degrees. Remove stems from mushrooms and wash and dry the caps. Place stem-side up in a rectangular glass dish that has been sprayed with PAM.
2. In a small bowl, combine crab meat, mozzarella, garlic, green onions, bell pepper, black pepper and dill weed in a small bowl. Stir gently to combine, trying to avoid breaking up the lumps of crab as much as possible.
3. Fill the mushroom caps with the mixture, pressing it firmly into the caps, and mounding it on top. Sprinkle parmesan cheese over the stuffed mushrooms.
4. Bake for about 30 minutes in the preheated oven until the tops are lightly browned and the cheese has melted.

NOTES

Optavia Compliant as :
1/2 leanest, 1/2 lean, 3 green, 3 condiments

23-Nov-2023:

- I baked at 350F in a convection oven mode for 30 minutes, then air fryer mode for 5 minutes
- I baked in a glass 9" x 9" pan
- I used 2 (versus 1) cloves of garlic (minced using a garlic press)
- I added 1 teaspoon minced jalapeño pepper
- I didn't have enough mushrooms for the stuffing as many of mine were smaller so I added the balance of the crab stuffing to the baking dish on its own - crispy-yummy!