

Maine Crab-Stuffed Mushrooms

Snowed Inn | December 2007/January 2008



To make ahead, stuff the mushroom caps, cover, and chill for up to 24 hours.

PREP: 45 MINUTES BAKE: 8 MINUTES BROIL: 1 MINUTE OVEN: 375°

- 24 **LARGE FRESH MUSHROOMS, 1½-2 INCHES IN DIAMETER**
- ⅓ **CUP MELTED BUTTER**
- ½ **CUP MINCED GREEN AND/OR RED SWEET PEPPER (ABOUT HALF OF A PEPPER TOTAL)***
- ¼ **CUP MINCED CELERY (½ OF A STALK)***
- 2 **TBSP. MINCED SHALLOT (1 SMALL)***
- 2 **TSP. COOKING OIL**
- 1 **LB. FRESH COOKED CRABMEAT, CUT INTO BITE-SIZE PIECES, OR FOUR 6-OZ. (4.25-OZ. DRAINED WEIGHT) CANS CRABMEAT, DRAINED, FLAKED, AND CARTILAGE REMOVED**
- ¼ **CUP FINE DRY BREAD CRUMBS**
- ¼ **CUP MAYONNAISE**
- 1 **HARD-COOKED EGG, YOLK DISCARDED AND WHITE FINELY CHOPPED**
- 2 **TBSP. MINCED GREEN ONION**
- ½ **TSP. OLD BAY SEASONING**
- DASH BOTTLED HOT PEPPER SAUCE**

Rinse and drain mushrooms. Remove stems and discard. In a medium bowl toss together mushroom caps and melted butter. Transfer mushrooms to a large baking sheet. Arrange in a single layer, stem sides up; set aside.

In a small saucepan cook sweet pepper, celery, and shallots in hot oil until just tender. Cool slightly.

In a large bowl combine sweet pepper mixture, crabmeat, bread crumbs, mayonnaise, egg white, green onion, seasoning, and hot pepper sauce. Spoon crumb mixture into mushroom caps.

Bake in a 375° oven 8 to 10 minutes or until heated through. Increase heat to broil. Broil mushrooms, 3 to 4 inches from heat, for 1 minute or until lightly browned. Makes 12 appetizer servings.

***NOTE:** For quick and easy chopping, combine vegetables in a food processor and process until minced.

Per serving: 131 cal., 9 fat (3 g sat. fat), 77 mg chol., 300 mg sodium, 5 g carbo., 1 g fiber, 9 g pro.