

Crab Stuffed Mushrooms

Ingredients

- 15 large white mushrooms,
- 1 cup (8oz | 250g) cooked crab or lobster meat
- 1/2 cup Crushed Pork Rinds, divided
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup whole egg mayonnaise
- 1/3 cup spreadable cream cheese, softened
- 1/3 cup chopped green onions
- 2 large cloves garlic, minced
- 1 tablespoon finely chopped fresh parsley
- 1/4 teaspoon dried oregano
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 tablespoon olive oil



Instructions

1. Preheat the oven to 375°F. Lightly grease a large baking sheet with cooking oil spray.
2. Wipe mushrooms clean with damp paper towel. Remove stems and scoop out gills. Discard.
3. Arrange mushrooms on baking sheet. Lightly spray mushrooms with olive oil spray; set aside.
4. In a large bowl combine crab meat, 1/3 cup Panko crumbs, parmesan, mayo, cream cheese, garlic, green onions, herbs, salt and pepper.
5. Stuff each mushroom cap generously with the crab dip (about 1 - 1 1/2 tablespoons per mushroom).
6. Combine oil and remaining Panko crumbs until evenly coated. Sprinkle the panko mixture over the tops of the mushrooms.
7. Bake for 18 minutes or until edges become golden, then broil (or grill) for a further 2 minutes until golden all over with crispy tops.

Serve immediately.

