

Stuffed Crab Mushrooms

INGREDIENTS Nutritio

SERVINGS 10 UNITS US

40 ounces from whole mushrooms, stem removed and chopped

2 tablespoons olive oil

1 1/3 cup diced carrot

1 1/3 cup diced yellow peppers or 1 1/3 cup red peppers or 1 1/3 cup green pepper

2 1/3 cup diced onion

2 -4 garlic cloves, minced

1 1/3 cup white wine

1 egg

8 ounces lump crabmeat

1 -2 tablespoon chipotle chili sauce

1 1/3 cup seasoned bread crumbs

1 1/3 cup shredded mozzarella cheese

DIRECTIONS

In a hot pan heat oil add and saute peppers, carrots, onions, mushroom stems, and garlic seasoning with salt and pepper cook 4 minutes.

Deglaze with the wine and reduce till almost gone.

Remove from heat add chiptole sauce.

Lightly rub olive oil on the top of each mushroom and place top down in a large baking pan.

Heat oven to 350 degrees.

Break egg into the veggies then adding bread crumbs mix well.

Add crab meat and mix in lightly.

Fill caps of mushrooms distributing among them and top with shredded cheese.

Bake for 20-30 minutes.