Crab Stuffed Mushroom Caps

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**Ingredients**

22-24 button mushrooms, large enough for stuffing

1 tbsp of butter

8 ounces of canned chunked crab meat.

1 teaspoon of minced garlic

1 brick of cream cheese

2 tbsps of chopped green onion

pinch of salt & pepper

1/4 cup grated parmesan

1/2 cup of seasoned bread crumbs

cooking spray

**Directions**

-Wipe mushrooms to clean and remove and chop stems.

melt butter in fry pan and sautee mushrooms and garlic until tender, remove from heat and allow to cool slightly.

-in a med bowl combine cream cheese, shopped green onion, salt, pepper & parmesan.

-add in crab meat and cooked stems, mix until combined.

-fill mushroom caps, heaping filling.

-place bread crumbs in a bowl and dip each cap into crumbs to cover.

-lightly spray caps with cooking spray

-Bake in preheated 350 degree oven until caps are slightly golden brown.