



## Crab-Stuffed Mushrooms

**Prep: 25 minutes**

**Bake: 12 minutes • Serves: 10**

- 30 cremini mushrooms (baby bella), stems removed
- 2 teaspoons olive oil
- 3 tablespoons finely chopped shallot
- 3 tablespoons finely chopped celery
- ¼ cup cream cheese, softened
- 2 tablespoons sour cream
- 1 tablespoon mayonnaise
- 1½ teaspoons fresh lemon juice
- 1½ teaspoons salt
- 8 ounces refrigerated or canned white and/or lump crabmeat, drained and picked through (about 1 cup)
- 4 tablespoons unsalted butter
- ¾ cup panko breadcrumbs
- 2 tablespoons grated Parmesan cheese

**1.** Preheat oven to 350°. Heat large covered saucepot of water to simmering over high heat. Add mushrooms and cook 2 minutes; drain and pat dry with paper towels. Meanwhile, in small skillet, heat oil over medium heat. Add shallot and celery and cook 1 minute; remove from heat and cool 5 minutes.

**2.** In medium bowl, stir cream cheese, sour cream, mayonnaise, lemon juice and salt; fold in crabmeat and shallot mixture. In small microwave-safe bowl, heat butter in microwave oven on high 30 seconds or until melted; add breadcrumbs and cheese, and toss until well combined. Makes about 1½ cups.

**3.** Place mushrooms, opening side up, on rimmed baking pan. Evenly fill mushrooms with cream cheese mixture; evenly top with breadcrumb mixture. Bake 12 to 15 minutes or until tops are golden brown.

*Approximate nutritional values per serving (3 mushrooms):  
137 Calories, 9g Fat (6g Saturated), 42mg Cholesterol,  
496mg Sodium, 7g Carbohydrates, 1g Fiber, 7g Protein*