



# Crab Stuffed Mushrooms



## Ingredients



Adapted from *Dinner at the Zoo*

- 18 mushrooms, stems removed
- 3 Tbsp. butter, divided
- 1/2 cup onion, finely diced
- 1 teaspoon minced garlic
- 8 ounces crab meat
- 4 ounces cream cheese, softened
- 1/2 cup shredded cheese
- 1/4 cup finely grated parmesan cheese
- 3 Tbsp. sliced chives, divided
- 1/3 cup panko breadcrumbs
- cooking spray



## Directions



**Yield:** 18 mushrooms **Serving size:** 2 mushrooms

**Total cost:** \$9.88 **Serving cost:** \$1.10

1. Preheat the oven to 375° F. Coat a sheet pan with cooking spray.
2. Arrange the mushroom caps on the sheet pan.
3. Heat 1 tablespoon of butter in a pan over medium heat. Add the onion and cook for 3-4 minutes or until translucent. Add the garlic and cook for 30 seconds more.
4. Place the onion mixture in a large bowl along with the crab, cream cheese, shredded cheese, parmesan and 2 tablespoons of chives. Stir to combine.
5. Place a dollop of the crab filling into each of the mushrooms.
6. Melt the remaining 2 tablespoons of butter in the microwave. Stir in the panko crumbs until they're coated in butter.
7. Sprinkle the panko mixture over the tops of the mushrooms.
8. Bake for 20 minutes or until golden brown. Sprinkle with remaining tablespoon of chives, then serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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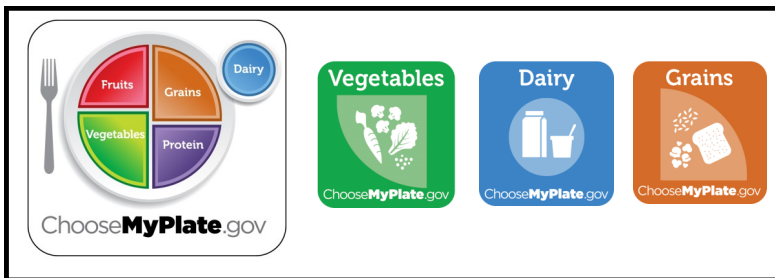
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# Fast Facts



## Featured Food Groups



## Cooking Tips



Nutrition Facts	
9 servings per container	
<b>Serving size</b>	<b>2 mushrooms</b>
<b>Amount Per Serving</b>	<b>160</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 11g	14%
Saturated Fat 6.7g	34%
Trans Fat 0.3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	12%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0.18mg	0%
Potassium 188mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



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