

Crab Stuffed Mushrooms

Ingredients

- 40 mushrooms
- 2 cups crab meat
- 1 cup cream cheese
- ½ cup chopped parsley
- 1 cup green onions
- ½ cup grated parmesan cheese
- Salt and pepper
- 1 tbl garlic powder
- Bread crumbs
- Cooking spray

Instructions

- Remove stems from mushrooms
- Mix crab, cream cheese, parsley, green onions, parmesan cheese, salt, pepper and garlic powder in bowl
- Place mixture in mushrooms on baking sheet
- Top mixture with bread crumbs
- Spray with cooking spray
- Bake at 375 degrees for 20 minutes