

## **Crab Stuffed Portabella Mushrooms**

### **Ingredients**

6 large portabella mushrooms  
¾ cup finely chopped sweet onion  
6 ounces fat free cream cheese, softened  
1 egg  
½ cup plus 1 teaspoon grated Parmesan cheese divided  
1 teaspoon seafood seasoning  
2 cans (6 & 1/2 ounces each) lump crabmeat, drained  
¼ teaspoon paprika  
½ cup cauliflower mash  
1-2 tbsp fat free chicken stock

### **Directions**

Remove stems from mushrooms (discard or save for another use); set caps aside. In a small skillet, sauté onion in 1-tablespoon fat free chicken stock until tender. In a small bowl, combine the cream cheese, cauliflower mash, egg, 1/2 cup cheese and seafood seasoning. Gently stir in crab and onion. Spoon 1/2 cup crab mixture into each mushroom cap. Sprinkle with paprika and remaining cheese. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 400° for 15-20 minutes or until mushrooms are tender. Yield: 6 servings.