

**WEIGHT ★ NO ★ MORE<sup>SM</sup>**  
**DIET CENTER**

*No one does what we do!*

**weightnomoredietcenter.com**  
**WeightNoMoreDC**

**CRAZY CREAMY CRAB  
STUFFED MUSHROOMS\***

Intermediate lifestyle

**Ingredients**

12 small-to-medium sized (1 to 2 inches wide) brown mushroom caps; stems removed  
2 oz. drained white crab meat  
2 TBS celery, minced  
2 TBS red pepper, minced  
1 wedge The Laughing Cow Light Cheese (any flavor)  
1 TBS fat-free sour cream  
1 TBS fat-free cream cheese  
2 TSP fat-free cheese flavor sprinkles/flakes (like the ones by Molly McButter)

**Instructions**

1. Preheat oven to 375°.
2. Wipe mushrooms clean with a damp paper towel and then dry them.
3. Place mushrooms with the rounded sides down on a baking dish sprayed lightly with nonstick spray.
4. Combine all other ingredients and stir until well mixed.
5. Evenly distribute crab mixture among the mushroom caps.
6. Place in the oven for 10 to 12 minutes, until hot.

**Portion-Per-Serving Information** (Yields 1 serving) 1 serving = entire recipe = 2 V, ½ M

\*[www.hungrygirl.com](http://www.hungrygirl.com)