



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

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

SERVING INFO: (Yields 1 serving = ½ P, 2 V, ½ M)