

BAKED MUSHROOMS WITH IMITATION CRAB

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

2 TBS polyunsaturated margarine
4 TBS green onions, finely chopped
1 clove garlic, finely minced
1 1/2 C imitation crab flakes
2 TBS ricotta cheese
1 tsp lemon juice
2 TBS bread crumbs
White pepper
1/4 C water
18-24 large mushrooms caps

DIRECTIONS:

Melt margarine in 8-10" skillet over moderate heat - sauté onions & garlic 2 minutes, stirring constantly - stir in crab, cheese, lemon juice, breadcrumbs & white pepper - toss with onions for 10 seconds. Lightly oil 9x13" pan & add 1/4 C water - place mushroom caps in 1 layer & spoon on crab filling. Cover/bake 15-20 minutes @ 350° F till mushrooms are tender when pierced with knife & filling is bubbly. Serve on platter.

Makes 6 servings

[per serving: 110 calories; 5 g fat; 385 mg sodium; 25 mg cholesterol]