

ANTHONY'S STUFFED MUSHROOM CAPS

20	medium sized white mushrooms
1/3	block cream cheese
15 mL	sour cream
25 mL	Parmesan cheese
2	GREEN onion, very finely chopped
1 can	crab meat, water squeezed out
80 mL	mozzarella cheese, finely grated
2 mL	dried parsley + italiano
1 mL	pepper
2 mL	seasoning salt
1 mL	cayenne or a dash of tobacco sauce

Method:

1. Preheat oven to 400 F. Remove stem from mushrooms and carefully (**do not break mushroom**) hollow out caps with a small 1 mL or 2 mL teaspoon to create a space for the filling.
2. In a medium bowl use an electric mixer to blend together the cream cheese and sour cream with an electric mixer.
3. Fold in the crab, parmesan cheese, mozzarella cheese, green onion and seasonings and blend with a rubber spatula.
4. Line a jelly roll pan with foil and place a cooling rack on top. Evenly divide the filling between the 20 mushroom caps (**do not overfill**), top with a little bit of mozzarella cheese and place them on top of the cooling rack.
5. Bake for 10 minutes then switch the oven to broil and broil for 3 mins or until filling is bubbly and lightly golden on top.