

# Jody's Favorite Deviled Crab

*Mrs Walker R Crump  
St Timothy's - Hale Schools - Raleigh, NC - 1976*

*1/4 cup margarine  
2 tablespoons flour  
1/2 cup milk  
2 cups cooked crabmeat,  
flaked  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon prepared  
mustard  
1 tablespoon chopped  
parsley  
1 tablespoon lemon juice  
2/3 cup buttered bread  
crumbs  
1/2 teaspoon paprika*

Preheat the oven to 400 degrees.

In a saucepan, melt the margarine. Blend in the flour. Add the milk gradually. Cook over low heat, stirring occasionally, until the sauce boils and thickens.

Fold in the crabmeat, salt, pepper, mustard, parsley, lemon juice and paprika. Mix well until blended but not mashed.

Turn the mixture into cleaned crab shells. Sprinkle with the buttered crumbs.

Bake until the crumbs brown lightly and the mixture is heated thoroughly.

Serve at once.

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Per Serving (excluding unknown items): 550 Calories; 50g Fat (80.4% calories from fat); 7g Protein; 21g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 1693mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 10 Fat; 0 Other Carbohydrates.