

Italian Seafood Portobellos

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Yield: 25 - 30 mushrooms

*25 - 30 medium (1-1/2 pounds)
portobello mushrooms
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1 can (6 ounce) lump crab meat,
drained
1 package (5 ounce) frozen cooked
salad shrimp, thawed
1/2 cup mozzarella cheese, shredded
1/2 cup blue cheese, crumbled
2 tablespoons Parmesan cheese, grated
1/4 teaspoon garlic, minced
1/2 teaspoon cayenne (optional)
1/4 teaspoon crushed red pepper
flakes (optional)
1 package (16 ounce) ground Italian
sausage
1 egg*

Cook Time:

Preheat the oven to 350 degrees.

Remove the stems from the mushrooms. Chop the stems and set aside.

Place the mushroom caps on waxed paper, bottom side up.

Mist or brush the caps with oil. Sprinkle with salt, pepper and garlic powder.

In a food processor, combine the crabmeat, shrimp, mozzarella, blue cheese, Parmesan, garlic, pepper and mushroom stems. Pulse for 10 to 15 seconds until coarsely chopped. Transfer to a large bowl.

Crumble the sausage over the crabmeat mixture. Add the egg. Mix just until combined. Spoon into the mushroom caps. Place in greased shallow baking pans.

Bake for 20 to 25 minutes or until a thermometer inserted into the filling reads 160 degrees.

Per Serving (excluding unknown items): 29979 Calories; 553g Fat (13.6% calories from fat); 2473g Protein; 5442g Carbohydrate; 1403g Dietary Fiber; 313mg Cholesterol; 6489mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1162 1/2 Vegetable; 10 Fat.