

# TEXAS A&M AGRI LIFE EXTENSION

## What's Cooking!

### Crab Stuffed Peppers

Number of servings: 4

#### Ingredients:

- 1 teaspoon olive oil
- 2 serrano peppers sub in jalapenos for less heat
- 1 small sweet onion chopped
- 2 cloves garlic chopped
- 8 ounces crab meat shredded
- 5 ounces goat cheese
- 1 cup shredded Parmesan cheese
- ¼ cup Panko
- 1 tbsp Old Bay Seasoning
- Salt to taste
- 1 tbsp dried basil
- 4 large sweet peppers
- ½ cup fresh chopped basil divided
- 4 tbsp butter
- Juice from half a lemon



#### Instructions

1. Heat a pan to medium heat and add olive oil. Add serranos and onion and cook about 5 minutes to soften.
2. Add garlic and cook another minute, until fragrant. Cool and add to a mixing bowl.
3. Add crab meat, cheeses, Panko, Old Bay, salt, and about half of the fresh basil. Stir.
4. Heat oven to 350 degrees.
5. Slice each sweet pepper in half lengthwise and scoop out the innards.
6. Stuff each pepper with the crab mixture and sprinkle with dried basil.
7. Set onto a lightly oiled baking sheet. Bake 20-25 minutes.
8. While stuffed peppers are baking, add butter, lemon juice and remaining basil to a small pot. Heat on low until butter melts. Swirl.
9. Drizzle the Lemon-Basil Butter over the stuffed peppers and serve.

**Tip:** You can also prepare these on the grill over indirect medium heat.

#### Nutrition Facts per serving:

- Calories 445
- Total Fat 17g (Saturated Fat)
- Carbohydrate 19g
- Protein 29g
- Dietary Fiber 4g
- Cholesterol 92mg
- Sodium 1127mg

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.\* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the 2010 Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease. (<https://www.choosemyplate.gov/>)

Source: [www.chilipeppermadness.com](http://www.chilipeppermadness.com)