

Crab Stuffing for Salmon

First published by 3 Winks Design

1- 8 oz package imitation crab, chopped
1 bunch chopped green onions
4 slices bread, cut into small cubes
1 egg
1 tsp. Old Bay seasoning
½ tsp. red cayenne pepper
½ tsp. salt
½ tsp. black pepper
1 tsp. dried parsley
1/3 c. mayonnaise

Mix all together until well blended.

Use stuffing to stuff salmon by cutting a slit in a salmon steak and filling with stuffing. Or you can stuff other flat fish by rolling it up, or shell fish or mushrooms.

Bake at 350 degrees F. for about 12-20 min, depending on the thickness of the fish.

Do not overcook, just until the fish begins to be flakey and is cook through.