Tangy Creamed Crabmeat

Recipe by Florida Department of Natural Resources, Bureau of Marketing and Extensions Services

Makes 6 servings

Ingredients

- 1 pound blue crab meat, fresh or frozen
- 1 package (10 oz.) frozen green peas
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 can (6 oz.) sliced mushrooms, drained
- 4 Tbsp margarine or vegetable oil
- 1 cup mayonnaise
- 1 cup plain yogurt
- 1 tsp salt
- 1/8 tsp pepper
- 1 Tbsp chopped pimento
- 3 cups cooked rice

Instructions

1. Thaw crab meat if frozen. Remove any remaining shell or cartilage.
2. Cook peas according to directions on package. Drain.
3. In a large fry pan, cook onion, green pepper, and mushrooms in margarine until tender.
4. Combine remaining ingredients except rice, and simmer until thoroughly heated, stirring occasionally.
5. Serve over rice.

TANGY CREAMED CRABMEAT **FLORIDA SEAFOOD**

Florida Department of Natural Resources
Bureau of Marketing and Extensions Services
3900 Commonwealth Blvd.
Tallahassee Florida 32303

1 pound blue crab meat, fresh or frozen
1 package (10 oz.) frozen green peas
½ cup chopped onion
¼ cup chopped green pepper
1 can (6 oz.) sliced mushrooms, drained
4 tablespoons margarine or vegetable oil
1 cup mayonnaise
1 cup plain yogurt
1 teaspoon salt
1/8 teaspoon pepper

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1 tablespoon chopped pimento
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