

## Crab Stuffed Cherry Tomatoes

Pretty & delicious!

### Ingredients

1 pint cherry tomatoes  
¾ cup lump crab meat, picked over  
2 Tbls light mayo  
2 Tbls grated Parmesan cheese  
1 green onion, finely diced  
1 Tbls red bell pepper, finely diced  
1/8 tsp salt  
1/8 tsp pepper



### Directions

1. Preheat oven to 350 degrees and spray baking sheet with cooking spray.
2. Cut small slice off bottom of tomatoe so that it stands upright. Remove stem and core from the top of each and remove about 2/3 of the pulp. Place tomatoes cut side up on baking sheet.
3. In mixing bowl, gently fold together remaining ingredients until well blended.
4. Stuff each hollowed tomatoe until overflowing, and them place back on baking sheet.
5. Bake for 7-10 minutes or until heated through. Serve hot.

Note: Larger tomatoes will work too but you will need to increase the cooking time.

Makes 8 servings

### Nutrition Facts:

Calories 50  
Total Fat 2g  
Effective Carbohydrates 2g  
Dietary Fiber .5g  
Protein 4g

From The Good Carb Chef