



BAKED CRAB STUFF TOMATOES

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Tomatoes! Sweet, savory and deliciously juicy and versatile! Here's a recipe you can use for a summer lunch or a light dinner to take advantage of beautiful tomatoes now available. This simple recipe is great, but you can season and make your crab filling any way you like it!

4 large	ripe tomatoes
1 tsp	salt
Dash	Black pepper
3 Tbsp	butter, melted
¼ cup	parsley
1 Tbsp	lemon juice
¼ cup	dry breadcrumbs
1 pound	crab meat
¼ cup	extra breadcrumbs for topping
¼ cup	Parmesan or Pecorino grated cheese



Remove any shell or cartilage from crab meat. Wash tomatoes. Slice off about ¼ from the top and remove stem ends and centers; sprinkle tomatoes with salt and pepper. Combine butter, parsley, lemon juice, ¼ c breadcrumbs and crab meat. Fill each tomato. Now combine cheese and ¼ c crumbs and sprinkle over top of tomatoes. Place in a well-greased baking dish where the tomatoes will be close together to keep them upright as they bake. Bake in a moderate oven, 350 degrees for 20 to 25 minutes or until tomatoes are tender. Serves 4.

Maggie's Notes

- Make minis! Hollow out some nice big cherry tomatoes and serve as appetizers.
- Add some Old Bay seasoning. You may not need any salt.
- Tarragon is delicious with crab meat. Be careful to use only about 1 tsp. of fresh or ¼ tsp. of dried. It will overpower the entire dish if you use more.
- Turn your dinner into Surf and Turf by serving one of these with your grilled steaks!
- You can stretch the crab by adding a bit more crab and some mayo for moisture and stuff 6 tomatoes.
- You can substitute shrimp for the crab if you prefer!