



Symmetry

Chiropractic
A different approach

The Community Resource Center For Optimal Health And Healing

CRAB STUFFED PORTABELLA MUSHROOM



- 1 can of Chicken of the Sea Crab* (1 lb)
- 5 medium portabella mushrooms
- 12 oz bag of spinach
- 1/2 green bell pepper
- 3 cloves garlic
- 1 shallot
- 1/2 bunch of chives
- 1/2 bunch of tarragon
- 1/4 block of lowfat, low carb tofu
- Salt
- Pepper
- Chili flakes
- Splash of lemon juice

Preheat oven to 400*

Gently remove the stem of 4 of the mushrooms (you need to keep the mushroom in one piece). Finely chop or puree in cuisinart the remaining mushroom. In a large sauté pan on medium heat, sauté shallot, garlic, bell pepper for 5 minutes until soft add chopped mushroom and cook for an additional 5 minutes or until water is evaporated. Add the bag of spinach and cook until just wilted. Set aside to cool.

In food processor, add tofu and cooled vegetable mixture. Puree until smooth. Add salt, pepper, lemon juice and chili flakes. Taste for seasoning. Transfer to a mixing bowl. Add crab, chives and tarragon. Taste for seasoning. Fill each mushroom cap generously with filling and place on a rimmed cookie sheet. Fill rimmed cookie sheet with 1/2 cup of water and bake for 20 minutes.

Serves 4. ENJOY!

*you can find the canned crab in the refrigerated section at Trader Joes

LOOKING FOR A MEAL PLANNING SHORTCUT?

Trader Joe's now carries FULLY COOKED, LIGHTLY SEASONED boneless, skinless chicken breasts!
Here are some shortcut ideas:

Shred the breasts and mix with the Walden Farms BBQ sauce and wrap in butter lettuce.

Slice the breasts and use in the lo mien recipe.

Slice or cube the breast and add to your salad.



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