



CRAB AND SHRIMP EGG ROLLS

3 cans **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
1 package Asian vermicelli noodles, soaked, drained and cut into small strips
2 packages dried black mushrooms, soaked and drained
1 pound fresh shrimp, peeled, de-veined and chopped
1 head cabbage, shredded
1 medium onion, thinly sliced
1 bunch green onions, sliced
1 carrot, shredded
2 eggs, divided and beaten
2 tablespoons soy sauce
salt and black pepper to taste
2 packages egg roll wrappers
vegetable oil for frying



Combine all ingredients, except for 1 egg and wrappers, in a large bowl and mix well. Cover and refrigerate for at least 30 minutes. Meanwhile, if necessary, separate egg roll wrappers. Place 1/4 cup of mixture onto the center of one wrapper. Fold the bottom corner up over the mixture, then fold in the sides over the filling. Moisten the top corner with beaten egg, then roll tightly to seal. Repeat with remaining egg rolls. In a pot or large frying pan, fill half way with oil and heat on high to 375°F. Fry egg rolls until golden brown and drain on paper towels before serving. *Yields 50. Serves 25.*

Per Serving: 303 Calories (14 Calories from Fat), 2g Fat, 13g Protein, 58g Carbohydrate, 56mg Cholesterol, 526mg Sodium