



CRAB STUFFED SOLE

2 cans **Crown Prince Natural Lump White Crab Meat**, drained and rinsed

1/4 cup finely chopped red onions

6 tablespoons seasoned bread crumbs

6 tablespoons shredded pepper jack cheese

4 tablespoons unsalted butter, melted

3 teaspoons mayonnaise

4 sole fillets or any white fish fillets

1 teaspoon black pepper

1 teaspoon paprika



Preheat oven to 425°F. In a medium bowl, combine the first 6 ingredients. Cut each fillet in half widthwise; set half aside. Place bottom halves in a greased 13" x 9" baking dish. Press crab mixture onto fillets; top with remaining halves. Sprinkle with paprika and pepper. Bake uncovered for 22-26 minutes or until fish flakes easily with a fork. *Serves 4.*

Per Serving: 393 Calories (160 Calories from Fat), 18g Fat, 45g Protein, 10g Carbohydrate, 181mg Cholesterol, 719mg Sodium