



Paul Mathew Vineyards

Crab Stuffed Baked Avocado

4 oz cream cheese, softened
6 oz crab meat
1/4 cup tomatoes, chopped
1 tbs scallions diced
1/4 tsp salt
1/4 tsp pepper
pinch cayenne pepper
3 large ripe avocados, cut in half, pits removed
1/2 cup parmesan cheese

Preheat oven to 400.

In a bowl, combine all the ingredients except the avocados and the parmesan, mix until well combined.

Fit the hole in the avocado with crab mixture, top with generous amounts of cheese. Place avocados in the wells of a muffin tin, bake at 400 until the cheese has melted about 8-10 minutes.