

RECIPE

Imitation Crab Salad



Ready in **20 minutes**

Serves **8 servings**

Ingredients

- 10 oz imitation crab leg meat
- ½ teaspoon bay seasoning
- ½ C minced celery
- 1 Tbsp minced sweet onion
- 1 C mayo
- Pinch garlic salt
- 1 C fresh grated parmesan cheese
- 4 tomatoes halved as shown in video
- ¾ cup chopped cilantro
- Garnish: green onion, capers, sesame seeds

Preparation

- Chop crab “legs” into thirds, flake with a knife.
- Add remaining ingredients and mix well
- Stuff tomatoes with crab salad
- Garnish with green onions, capers and sesame seeds

Tips

Another option is to bake the crab mixture at 350° for 25 minutes. If you decide to bake it, sprinkle a little more cheese on the top. After removing it from the oven, garnish with green onions, capers and sesame seeds if desired. You could also add ½ C of chopped artichokes. Eat with crackers or crusty bread.

Spiritual message from this recipe

Using imitation crab is frugal. My grandma taught me to be frugal. I love her for that. Being frugal helps you live within your means and it teaches you to waste nothing, to appreciate everything you have. I believe those are spiritual principles that help you live a blessed life. Btw, just like this imitation crab recipe is delicious, so is being frugal.