



**BRAIN HEALTHY
COOKING**

Appetizer

Crab Stuffed Cherry Tomatoes



Ingredients

- 4 OZ crab meat**
- 1 TSP chili sauce**
- 4 TSP Dijon Mustard**
- 2 TBS Mayonnaise**
(Hellman's Canola is a healthier choice)
- 2 TSP Worcestershire Sauce**
- 2 springs onions, finely chopped**
(use only the white parts)
- 1 TBS chopped fresh basil**
- 20 cherry tomatoes**
- 2 TBS sea kelp** (this is a powder found in the spice section of most grocery stores that is a healthy alternative to salt)

Directions

1. In a mixing bowl, combine the crab meat, chili sauce, mustard, mayo, Worcestershire sauce, spring onion and herbs. Mix well. Cover and refrigerate until needed.
2. Using a serrated knife, cut a very thin slice from the stem end of each tomato. Carefully scoop out the pulp and seeds with the tip of a teaspoon.
3. Sprinkle the insides of the tomato shells with sea kelp. Invert them on a paper towel and let them drain for 15 minutes to get some of the water out of the tomatoes. Using a small spoon, stuff the tomatoes with the crab, mounding the filling slightly on top. Serve cold.

