

Microwave Crabmeat and Bell Peppers

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Ingredients:

6 medium bell peppers.
1 cup of light cream.
4 tablespoons of butter.
½ teaspoon of ground nutmeg.
2 tablespoons of cornstarch.
1 teaspoon of lemon juice.
¼ cup of dry white wine.
1 teaspoon of salt.
2 cups of crabmeat.
1 cup of cooked rice.
Paprika, to taste.

Directions:

Cut off the tops of the bell peppers; deseed, wash, then set aside.

Microwave the cream, in a 4-cup glass measure, on HIGH for about 50 seconds or until hot.

Mix in the butter and ground nutmeg.

In a small bowl, combine the cornstarch, lemon juice, dry white wine and salt. Mix thoroughly.

Add the cream to the mixture, then microwave on HIGH for 1 minute.

Stir and microwave on HIGH for about 1-2 minutes or until thickened.

Combine with the crabmeat and cooked rice.

Stuff the bell peppers with the crabmeat mixture.

Sprinkle tops with paprika.

Arrange the stuffed bell peppers in a circle on a microwave safe serving platter.

Cover with plastic wrap, then microwave on MEDIUM for about 14 minutes or until the crabmeat is done.

Allow to stand for 5 minutes before serving.