



## CRABBY MORNING ROLLS

- 1 can **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 4 large or 8 small French or Italian style rolls
- 2 tablespoons olive oil, divided
- 1 small red onion, finely chopped
- 1/2 medium red bell pepper, finely chopped
- 1 small zucchini, finely chopped
- 4 mushrooms, finely chopped
- 1 cup packed fresh spinach, torn into pieces
- 6 eggs
- salt and black pepper to taste
- 1 cup shredded cheddar cheese



Slice the top off of each roll and gently press the bread inside to form a bowl shape. Set aside. Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the onion and bell pepper and cook for 2 minutes. Add the zucchini, mushrooms, spinach and crab meat. Cook and stir for 7 to 10 minutes. Transfer to a plate.

Heat the remaining olive oil in the skillet over low heat. In a bowl, whisk together the eggs, salt and pepper. Pour the eggs into the skillet and cook until scrambled. Add the vegetable mixture and cheese. Spoon the egg filling into the rolls and cover with roll tops. *Serves 4.*

*Per Serving: 429 Calories (225 Calories from Fat), 25g Fat, 26g Protein, 24g Carbohydrate, 374mg Cholesterol, 668mg Sodium*