

Junior Barbour Seafood

Baked Crab Omelet

INGREDIENTS

3 lbs Claw Crabmeat

8 Eggs

1 ½ Tbs Tony Chachere's Seafood Seasoning

1 tsp Worcestershire sauce

½ tsp nutmeg

The San Souci Trinity (½ cup diced onion, ½ cup diced celery, ¼ cup diced bell pepper)

½ cup Italian Bread Crumbs

1 ½ packages of Philadelphia Cream Cheese

1 ½ cup Sharp Cheddar Cheese, shredded

1 Tbs Olive Oil

Pinch of sea salt to taste

DIRECTIONS

Sautee Trinity with 1 Tbs of olive oil for about 5 minutes on medium heat. Set aside to cool. Once cooled, run through blender.

Beat eggs until mixed. Add 1 ½ Tbs Tony's seasoning and sea salt. Add 1 tsp Worcestershire sauce. Add ½ tsp nutmeg. Add 1 ½ packages cream cheese softened to room temperature. Add 1 cup shredded cheese. Reserve ½ cup shredded cheese for topping.

Mix all ingredients together. Once combined, add ¾ cup of bread crumbs. Gently fold in crab meat and pour into casserole bowl.

Top with rest of shredded cheese.

Bake at 400° for 35-45 minutes. Let rest.

Enjoy.