

BAKED CRAB AND SHRIMP SALAD

- 1 medium sweet red pepper, finely chopped
- 1 medium sweet onion, finely chopped
- ½ - 1 cup celery, finely chopped
- 1 pound backfin or lump crabmeat
- ½ pound shrimp, cooked and peeled
- ¼ - ½ teaspoon salt
- 1/8 – 1/4 teaspoon freshly ground black pepper
- ½ - 1 teaspoon Worcestershire
- 1 cup reduced calorie mayonnaise
- ½ cup buttered bread crumbs, optional

Gently mix all ingredients and place evenly into individual buttered baking shells. Bake at 350 degrees or until slightly brown on top and thoroughly heated. Buttered bread crumbs may be placed on top before baking, if desired. Serves 6-8 depending on rest of menu.

Note: The best bread crumbs are torn pieces of soft bread, untoasted and tossed lightly in melted butter.