



**WATCH THE GRILL SERGEANTS EVERY MONDAY
AT NOON EST**

"Stuffed Shells"

**8 oz lump crab meat
1/2 cup chopped green onions
2 tbsp fresh garlic
salt and pepper, to taste
jumbo pasta shells, cooked
marinara sauce
parmesan cheese**

Heat small amount of olive oil in pan. Lightly sauté onions, garlic and crab meat. Season to taste. Place mixture into shells. Place shells on bed of marinara, top with more sauce and parmesan cheese. Bake in 350 degree oven until heated through and cheese is melted.