



AVOCADO CRAB CUTLETS

- 2 Cups Cooked Crab Meat
- 3 Tablespoons Butter
- 4 Tablespoons Flour
- 1/2 Teaspoon Salt
- 1/8 Teaspoon Pepper
- 1 1/2 Cups Milk
- 2 Cups Diced Avocado
- Fine Bread Crumbs
- 3 Eggs, Beaten

DIRECTIONS

1. Melt butter and blend in flour.
2. Add salt, pepper, and milk.
3. Cook until thickened, stirring constantly.
4. Add avocado and crab meat and mix well.
5. Shape into cutlets.
6. Roll in crumbs, then egg, then crumbs again.
7. Fry in hot fat for 2 to 4 minutes.