

Hot Seafood Salad

by Foodtalk4you

Ingredients

14 ounce package imitation crab meat, leg style

1/4 medium yellow or sweet onion, finely sliced

1/2 cup colorful bell pepper, chopped small

1/2 cup grated fresh carrot

1/2 cup frozen peas

1/2 cup frozen corn

2-3 Tbs extra virgin olive oil

Spices to taste:

- Old Bay
- Paul Prudhomme's Seafood Magic
- Crushed Red Pepper

Method

Gather, measure, and prep the vegetables. Flake/comb the imitation crab meat using a sturdy dinner fork. "Comb" through the intact fish meat on a cutting board until all the fish resemble strings of crab meat.

Using 2 tablespoons of olive oil in a large sauté pan over medium high heat, cook the onion for a couple of minutes, then add all vegetables.

Combine vegetables and cook until the frozen peas and carrots are close to done.

Add the "flaked/combed" imitation crab meat and spices. Stir to combine. Let the mixture brown a bit and then turn sections over in the pan. Add the extra oil if needed.

Do not leave unattended - browning takes only a few minutes and you may need to adjust the heat to prevent burning.

When everything looks happy, remove from heat, and serve!