

## **Rock Crab Claws**

Servings: 2

### **Ingredients:**

1 lb rock crab claws  
1 lemon, halved  
Old Bay Seasoning  
Pepper  
Garlic salt  
Water

### **Preparation**

- 1) Fill a large pot with water. Season the water with a couple dashes of garlic salt, some fresh ground pepper to taste, and 1 tablespoon Old Bay seasoning. Squeeze lemon into the water and throw it into the pot.
- 2) Let the water come to a boil, then let it boil for 4-5 more minutes. Claws should be a red/orange color when they are done.

## **Brussel Sprouts**

Servings: 2

From the kitchen of Megan Simmons

### **Ingredients**

Fresh brussel sprouts  
Olive oil  
1 teaspoon salt  
1 tablespoon pepper

### **Preparation**

- 1) Preheat oven to 400 degrees.
- 2) Cut brussel sprouts into quarters.
- 3) Drizzle with olive oil until coated fully.
- 4) Sprinkle with salt and pepper.
- 5) Bake at 400 for about 25-40 minutes until sprouts are tender with fork.