

Crab Florentine

Joyce Gulowsen

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

*8 well-buttered phyllo shells
2 packages (10 ounce)
frozen chopped spinach
2 tablespoons chopped
onion
1 cup grated cheddar
cheese
1 cup sour cream
1 can flaked crabmeat,
rinsed and picked
1 can (8 ounce) tomato
sauce
salt (to taste)
pepper (to taste)
bread crumbs
Parmesan cheese
chopped parsley
lemon wedges*

Preheat the oven to 350 degrees.

In a saucepan, cook the spinach and onion together until tender but still green. Drain. Press out all of the liquid.

Line the shells with the mixture.

In a bowl, combine the cheese, sour cream, crabmeat, tomato sauce, salt and pepper. Spoon the mixture over the spinach in the shells.

Top with the bread crumbs. Then sprinkle the Parmesan cheese and parsley.

Bake for 25 minutes.

Serve with lemon wedges.

A Cordon Bleu recipe.

Per Serving (excluding unknown items): 156 Calories; 11g Fat (60.2% calories from fat); 8g Protein; 8g Carbohydrate; 4g Dietary Fiber; 28mg Cholesterol; 373mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.