

# **Company Crab Casserole**

Casserole Recipes

**Servings: 6**

**1 pound Florida blue crabmeat (fresh, frozen or pasteurized)**

**1 can (15 oz) artichoke hearts, drained**

**1 can (4 oz) sliced mushrooms, drained**

**2 tablespoons butter or margarine**

**2 1/2 tablespoons all-purpose flour**

**1/2 teaspoon salt**

**1/8 teaspoon ground red pepper**

**1 cup half-and-half, fat free**

**2 tablespoons dry sherry**

**2 tablespoons crushed cornflakes**

**1 tablespoon grated Parmesan cheese**

**Paprika**

Preheat oven to 450 degrees.

Thaw crabmeat if frozen. Remove any pieces of shell or cartilage. Cut artichoke hearts in half; place artichokes in well-greased, shallow 1 1/2-quart casserole. Add crabmeat and mushrooms; cover and set aside.

Melt butter in small saucepan over medium heat. Stir in flour, salt and ground red pepper. Gradually stir in half-and-half. Continue cooking until sauce thickens, stirring constantly. Stir in sherry. Pour sauce over crabmeat. Combine cornflakes and cheese in small bowl; sprinkle over casserole. Sprinkle with paprika.

Bake twelve to fifteen minutes or until bubbly.

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Per Serving (excluding unknown items): 92 Calories; 4g Fat (48.1% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat.