

Hot Crab Bake

Better Homes and Gardens All-Time favorite Casseroles

Servings: 6

6 tablespoons butter or margarine

1/4 cup all-purpose flour

2 cups milk

1 can (7 1/2 oz) crab meat, drained, flaked and cartilage removed

2 hard-cooked eggs, chopped

1/2 cup chopped pimientos

1 teaspoon salt

1/8 teaspoon pepper

1/2 cup bread crumbs

1/4 cup slivered almonds

Preheat oven to 350 degrees.

In a skillet, melt four tablespoons butter; blend in flour. Add milk all at once; cook and stir until thickened and bubbly. Stir in crabmeat, eggs, pimiento, salt and pepper. Place mixture in a small casserole dish.

Melt remaining two tablespoons of butter; toss with bread crumbs to combine. Sprinkle crumbs on top of crab mixture. Top with slivered almonds.

Bake, uncovered, for 20 to 25 minutes.

Per Serving (excluding unknown items): 290 Calories; 20g Fat (61.6% calories from fat); 12g Protein; 16g Carbohydrate; 1g Dietary Fiber; 133mg Cholesterol; 686mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 3 1/2 Fat.