

Party Seafood Casserole

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 8

*2 pounds medium fresh shrimp
2 cans (8 ounce ea) fresh pasteurized crab meat
1/3 cup margarine
1/3 cup flour
1 teaspoon salt
1/4 teaspoon pepper
2 cups milk
1 tablespoon Worcestershire sauce
1/3 cup ketchup
3 tablespoons lemon juice
3 tablespoons sherry or white wine
1 can (15 ounce) artichoke hearts, drained & quartered
2 cups sharp cheddar cheese, shredded*

Place the shrimp in boiling salted water. Cover and simmer for 3 to 4 minutes or until pink and tender (do not overcook). Drain. Shell and devein the shrimp. Wash and drain well. Drain the crab meat. Set aside both the shrimp and crab meat.

Preheat the oven to 375 degrees.

In a saucepan, melt the margarine. Blend in the flour, salt and pepper. Cook over low heat. Add the milk. Cook until the sauce thickens, stirring constantly. Add the Worcestershire sauce, ketchup, lemon juice and wine. Blend well.

Stir in the artichoke hearts, shrimp, crab meat and one cup of cheese. Blend well.

Coat a baking dish with margarine and add the mixture. Sprinkle the remaining one cup of cheese on the top.

Bake for 20 to 30 minutes.

Serve over rice or toast point.

Per Serving (excluding unknown items): 376 Calories; 21g Fat (50.6% calories from fat); 33g Protein; 13g Carbohydrate; 1g Dietary Fiber; 211mg Cholesterol; 874mg Sodium. Exchanges: Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat; 3 Fat; 0 Other Carbohydrates