

Seafood Strata

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

Yield: 4 to 6 servings

*2 cups plain croutons
1 package (10 ounce)
frozen broccoli, cooked and
drained
1 can (8 ounces) fresh
pasteurized crab meat,
drained
1 cup Swiss cheese, grated
1 can (10-3/4 ounce) cream
of mushroom soup
3 eggs
1/2 cup milk
1 teaspoon Worcestershire
sauce
1/4 teaspoon dried tarragon
leaves
salt (to taste)
pepper (to taste)
chives or scallions,
Chopped*

Layer the croutons, broccoli, crab meat and cheese in a 1-1/2 quart casserole dish.

Place the soup, eggs, milk, Worcestershire sauce, tarragon, salt and pepper into the bowl of a blender. Blend until smooth.

Pour the mixture into the casserole dish. Sprinkle with chives or scallions.

Refrigerate, covered, overnight or for several hours.

Preheat the oven to 350 degrees.

Bake, covered, for 50 minutes.

4-1/2 inches of French bread may be substituted for the croutons. One cup of cooked shrimp may be substituted for the crab meat.

Per Serving (excluding unknown items): 1101 Calories; 63g Fat (52.2% calories from fat); 65g Protein; 65g Carbohydrate; 4g Dietary Fiber; 759mg Cholesterol; 2065mg Sodium. Exchanges: 6 1/2 Lean Meat; 1/2 Non-Fat Milk; 0 Other Carbohydrates.