

Ruthie`s Scallops

Mary Furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

2 pounds scallops, cut up
1/4 pound margarine
salt (to taste)
pepper (to taste)
celery salt (to taste)
1 teaspoon Worcestershire
sauce
1 pint all-purpose cream
5 tablespoons flour
Ritz crackers (for topping)
margarine (for saute'ing)

In a skillet, melt the margarine. Add the scallops, salt, pepper, celery salt and Worcestershire sauce. Simmer for 8 to 9 minutes. Add the flour and mix thoroughly. Add the warmed cream.

Pour the mixture into individual casseroles.

Saute' the crumbled crackers in margarine and sprinkle on the top of each casserole.

Per Serving (excluding unknown items): 1761 Calories; 98g Fat (51.3% calories from fat); 157g Protein; 53g Carbohydrate; 1g Dietary Fiber; 300mg Cholesterol; 2582mg Sodium. Exchanges: 2 Grain(Starch); 22 Lean Meat; 18 Fat; 0 Other Carbohydrates.