

# Scallops Mornay

Better Homes and Gardens All-Time Favorite Casseroles

**Servings: 2**

**1/2 cup dry white wine**  
**1/4 teaspoon salt**  
**dash white pepper**  
**8 ounces fresh or frozen scallops**  
**1/2 cup fresh mushrooms, sliced**  
**2 tablespoons onion, chopped**  
**1 tablespoon butter or margarine**  
**4 teaspoons all-purpose flour**  
**1/3 cup milk**  
**1/4 cup (1 oz) process Swiss cheese, shredded**  
**2 tablespoons snipped parsley**

Preheat oven to 375 degrees.

In a saucepan, combine wine, salt, pepper and 3/4 cup water; bring to boiling. Add scallops and mushrooms; return to boiling. Cover; simmer until scallops are tender, about 5 minutes. Remove scallops and mushrooms; set aside. Boil liquid, uncovered, until reduced to 1/2 cup, 10 to 15 minutes.

In another saucepan, cook onion in butter until tender; blend in flour. Add the 1/2 cup scallop liquid and milk. Cook and stir until thickened and bubbly. Stir in cheese until melted. Season with more salt and pepper, if needed. remove from heat; stir in scallops and mushrooms. Turn into a small casserole.

Bake, uncovered, for 15 to 20 minutes. Sprinkle with parsley. Serve with hot cooked rice, if desired.

---

Per Serving (excluding unknown items): 141 Calories; 7g Fat (61.2% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 347mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.