

Clam Souffle

Jean A Simpkins

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*12 saltine crackers
1 cup 2% milk
1 tin (6 ounce) minced
clams, drained
1/2 cup butter or margarine,
melted
1/4 teaspoon salt
1/2 teaspoon pepper
1 small onion, minced
2 large eggs, beaten
dash Tabasco sauce*

Preheat the oven to 350 degrees.

In a bowl, crush the crackers and add the milk.
Soak for 20 minutes.

Add the clams, butter, salt, pepper, onion, eggs
and Tabasco sauce. Mix all together.

Place the mixture in a buttered souffle dish or
round casserole.

Set the dish in a pan of water. Set the pan in the
oven.

Bake for 40 to 45 minutes.

Per Serving (excluding unknown
items): 1283 Calories; 111g Fat
(77.0% calories from fat); 26g
Protein; 48g Carbohydrate; 3g
Dietary Fiber; 691mg Cholesterol;
2204mg Sodium. Exchanges: 1 1/2
Grain(Starch); 1 1/2 Lean Meat; 1
1/2 Vegetable; 1 Non-Fat Milk; 21
Fat.