

Baked Seafood Sandwiches

Harriet Yeatts

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

*1 package (8 ounce) cream
cheese, softened
1 teaspoon lemon juice
1 tablespoon dried onion
6 sliced peeled tomatoes
sliced stuffed olives
1 can (6 ounce) crab,
shrimp or clams
1 teaspoon Worcestershire
sauce
6 toasted English muffins
6 slices sharp cheddar
cheese*

Preheat the oven to 350 degrees.

In a bowl, combine the cream cheese, well-drained seafood, lemon juice, Worcestershire and onion.

Spread on the muffin bottoms. Top each with a slice of tomato and then a slice of cheese.

Bake for 20 minutes.

Garnish with sliced olives.

Per Serving (excluding unknown items): 595 Calories; 51g Fat (77.0% calories from fat); 31g Protein; 3g Carbohydrate; trace Dietary Fiber; 161mg Cholesterol; 826mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 1/2 Fat; 0 Other Carbohydrates.