

# Crab and Cheese Casserole

*Lee Haugen*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

*1 package shell noodles  
1 package (8 ounce) cream  
cheese  
1 can (6 ounce) crab  
1/2 cup sour cream  
1/2 cup cottage cheese  
1/4 cup chopped onions  
1/4 teaspoon salt  
shredded cheddar cheese  
(for garnish)*

Preheat the oven to 350 degrees.

In a bowl, mix the noodles, cream cheese, crab, sour cream, cottage cheese, onions and salt.

Turn the mixture into a greased two-quart casserole dish.

Garnish with cheddar cheese.

Bake for 45 minutes.

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Per Serving (excluding unknown items): 1290 Calories; 109g Fat (75.3% calories from fat); 62g Protein; 19g Carbohydrate; 1g Dietary Fiber; 420mg Cholesterol; 2135mg Sodium. Exchanges: 8 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 19 1/2 Fat.