

# Crab Casserole A La Joni

*Joni a Young - Great Falls, VA*

*Treasure Classics - National LP Gas Association - 1985*

**Yield: 4 to 6 servings**

*5 tablespoons butter  
1 tablespoon flour  
1/2 teaspoon salt  
3/4 teaspoon dry mustard  
1/2 teaspoon paprika  
2 cups crab meat  
1/8 teaspoon nutmeg  
1/2 teaspoon cayenne  
pepper  
1 cup cream  
3 tablespoons parsley,  
minced  
2 tablespoons lemon juice  
1 can (2.8 ounce) onion  
rings*

**Preparation Time: 15 minutes****Bake Time: 20 minutes**

Melt the butter in a 1-1/2-quart casserole dish.  
Stir in the flour.

Add the salt, mustard, paprika, crab meat,  
nutmeg, cayenne, cream, parsley and lemon  
juice.

Bake in a 375 degree oven for 10 to 15 minutes  
or until bubbly. Top with the onion rings.

Return to the oven for 5 minutes.

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Per Serving (excluding unknown items): 1411 Calories; 121g Fat (76.7% calories from fat); 64g Protein; 19g Carbohydrate; 1g Dietary Fiber; 605mg Cholesterol; 2646mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 23 1/2 Fat.