
Crab Casserole with Artichoke Hearts

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

3 tablespoons flour

3 tablespoons butter, melted

1 cup milk

1/2 cup white wine or chicken broth

1/2 cup shredded medium sharp Cheddar or Swiss cheese

2 teaspoons Worcestershire sauce

2 packages (9 ounce ea) frozen or canned artichoke hearts, cooked and drained

4 hard-cooked eggs, sliced

3/4 pound crabmeat

2 tablespoons grated Parmesan cheese

bread crumbs

In a saucepan, mix the flour with the melted butter and gradually stir in one cup of milk. Cook until thickened, stirring constantly. Slowly blend in the wine or broth. Add the cheese and Worcestershire sauce. Cook until the cheese melts.

Spoon a little sauce into the bottom of a 1-1/2 quart casserole dish. Alternate layers of cooked and drained artichokes, eggs and crabmeat. (If canned artichokes are used, they need not be cooked.) Reserve a few of the nicest artichoke hearts for garnish.

Make a middle layer consisting of half of the sauce and alternate layers again. Top with the remaining sauce and sprinkle with grated Parmesan cheese or buttered bread crumbs.

(At this point, you can refrigerate the casserole until you are ready to bake.)

Bake, uncovered, at 350 degrees for 30 minutes. If individual shells are used for serving, bake only for 20 minutes.

(Great dish for entertaining.)

Seafood

Per Serving (excluding unknown items): 200 Calories; 12g Fat (54.0% calories from fat); 17g Protein; 6g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 334mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.