

# Crab Florentine II

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 8

*2 packages frozen chopped spinach*  
*2 tablespoons chopped onion*  
*8 well buttered crab shells*  
*1 cup grated Cheddar cheese*  
*1 cup sour cream*  
*1 can rinsed crabmeat, flaked*  
*1 can (8 ounce) tomato sauce*  
*salt (to taste)*  
*pepper (to taste)*  
*bread crumbs*  
*Parmesan cheese (for sprinkling)*  
*Parsley (for garnish)*  
*lemon wedges (for serving)*

In a saucepan, cook the spinach until tender but still green. Drain. Press out all liquid until dry. Line the shells with spinach.

Preheat the oven to 350 degrees.

In a bowl, combine the Cheddar, sour cream, crabmeat, tomato sauce, salt and pepper. Mix well. Spoon the mixture over the spinach in the crab shells.

Top with bread crumbs. Then sprinkle Parmesan cheese and finally parsley.

Serve with lemon wedges.

*A Cordon Bleu recipe.*

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Per Serving (excluding unknown items): 156 Calories; 11g Fat (60.2% calories from fat); 8g Protein; 8g Carbohydrate; 4g Dietary Fiber; 28mg Cholesterol; 373mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.