

Crab Meat Surprise

Mrs Stacy Miller

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

*1/4 cup onion, minced
1 can (6 ounce) crab meat
1 cup shredded cheese
1/4 teaspoon paprika
1 egg, slightly beaten
2 tablespoons butter,
softened
1 can cream of celery soup
1 teaspoon parsley
1/4 cup milk*

In a saucepan, saute' the onions in butter until golden.

Add the crab meat, shredded cheese, paprika, egg, soup, parsley and milk. Heat to the serving point.

Serve over chow mein noodles.

Per Serving (excluding unknown items): 556 Calories; 37g Fat (60.7% calories from fat); 38g Protein; 16g Carbohydrate; 2g Dietary Fiber; 417mg Cholesterol; 1735mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.