

Crabmeat Casserole III

Mrs Fred Smetana

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

Servings: 4

*1 package (6 ounce) frozen
crabmeat, thawed and
drained*

1 cup milk

*1/2 cup shredded cheddar
cheese*

2 tablespoons grated onion

*1 can (10-3/4 ounce) cream
of mushroom soup*

*1 cup uncooked small
seashell macaroni*

In a bowl, combine the crabmeat, milk, cheddar cheese, onion, soup and macaroni. Turn the mixture into a greased casserole dish.

Cover and refrigerate overnight.

Preheat the oven to 350 degrees.

Bake for about one hour or until the macaroni is tender.

Per Serving (excluding unknown items): 129 Calories; 9g Fat (62.8% calories from fat); 6g Protein; 6g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 376mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.