

Seafood Newburg Casserole

Casserole Recipes

Servings: 6

1 can (10 3/4 oz)) condensed cream of shrimp soup, undiluted

1/2 cup half-and-half, fat free

1 tablespoon dry sherry

1/4 teaspoon ground red pepper

2 cans (6 oz) lump crabmeat, drained

3 cups cooked rice

1/4 pound medium raw shrimp, peeled and deveined

1/4 pound bay scallops

1 jar (4 oz) pimientos, drained and chopped

1/4 cup fresh parsley, finely chopped

Preheat oven to 350 degrees. Spray 2 1/2-quart casserole with non-stick cooking spray.

Whisk soup, half-and-half, sherry and red pepper in large bowl until blended. Pick out and discard any shell or cartilage from crabmeat. Add crabmeat, rice, shrimp, scallops and pimientos to soup mixture; mix well.

Transfer mixture to prepared casserole. Cover; bake about twenty-five minutes or until shrimp and scallops are opaque. Sprinkle with parsley.

Per Serving (excluding unknown items): 224 Calories; 3g Fat (11.4% calories from fat); 15g Protein; 31g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 512mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.