

# Easy Clam Casserole

*Susan Waugh*

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## **Servings: 2**

*13 1/2 saltines*

*1 cup milk*

*2 eggs, beaten*

*4 tablespoons butter,  
melted*

*1 can (8 ounce) clams,  
chopped or minced  
salt*

*pepper*

*1/2 teaspoon baking powder*

Preheat the oven to 325 degrees.

In a bowl, soak the saltines in milk until soft.

Add the eggs, butter, clams, pinch of salt, pinch of pepper and the baking powder. Mix well.

Turn into a buttered one-quart casserole dish.

Bake, uncovered, for 45 minutes or until set and browned slightly.

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Per Serving (excluding unknown items): 358 Calories; 32g Fat (80.0% calories from fat); 11g Protein; 7g Carbohydrate; 0g Dietary Fiber; 293mg Cholesterol; 490mg Sodium. Exchanges: 1 Lean Meat; 1/2 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.