
Seafood Casserole III

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

2 1/4 cups cooked rice
1 can (6-1/2 ounce) crab meat, drained
1 can (4-1/2 ounce) shrimp, drained
1 cup celery, chopped
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1 jar (4 ounces) chopped pimientos, drained
1 cup sharp cheddar cheese, shredded
1/4 cup mayonnaise
1 tablespoon lemon juice
1/2 teaspoon Worcestershire sauce
1/2 teaspoon salt
dash pepper
1/2 can (10-3/4 ounce) cream of mushroom soup
1 cup round butter crackers, crushed
2 tablespoons margarine, melted

Preheat the oven to 350 degrees.

In a bowl, combine the rice, crab meat, shrimp, celery, onion, green pepper, pimiento, cheddar cheese, mayonnaise, lemon juice, Worcestershire sauce, salt, pepper and mushroom soup. Mix well and place in a greased baking dish.

In a bowl, mix the cracker crumbs and melted butter. Sprinkle on the top of the casserole.

Bake for 25 to 30 minutes or until hot and bubbly.

Yield: 6 to 8 servings

Seafood

Per Serving (excluding unknown items): 1874 Calories; 115g Fat (54.7% calories from fat); 73g Protein; 141g Carbohydrate; 7g Dietary Fiber; 269mg Cholesterol; 3465mg Sodium. Exchanges: 8 Grain(Starch); 8 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 14 1/2 Fat; 0 Other Carbohydrates.