

Seafood Lasagna

Story Inn - Nashville, IN

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

3 tablespoons olive oil
5 cloves garlic, peeled and minced
1 cup shallots or white onions, chopped
2 tablespoons dried basil
1 tablespoon dried oregano
salt (to taste)
pepper (to taste)
4 cups Bechamel (white) Sauce
1/2 cup freshly grated Parmesan cheese
3 tablespoons dry sherry
1 pound medium shrimp, cooked, peeled and deveined
1 pound bay scallops, cooked
2 pounds fresh spinach, rinsed and stems removed
2 pounds fresh mushrooms, cleaned and chopped
2 tablespoons butter
1 package (8 ounce) cream cheese
2 pounds cooked lump crabmeat, drained
2 pounds mozzarella cheese, grated
1 1/2 pounds lasagna noodles
BECHAMEL SAUCE
1/2 cup (8 tablespoons) butter
1/2 cup flour
4 cups milk
salt (to taste)
white pepper (to taste)

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Make the Bechamel Sauce: In a large heavy saucepan, melt the butter over medium heat. Stir in the flour and cook and stir about 2 minutes. Do not brown. Remove from the heat and gradually stir in the milk until smooth. Return to the heat and cook and stir until thickened and smooth. Season to taste with salt and pepper.

In a large skillet over medium heat, heat the olive oil. Add the garlic and shallots. Saute' until soft, but not browned, about 5 minutes. Stir in the basil and oregano. Season with salt and pepper to taste. Remove from the heat. Set aside one cup of Bechamel Sauce. Stir the remaining three cups of Bechamel into the onion-garlic mixture. Stir in the Parmesan and sherry and heat gently. Fold in the cooked shrimp and scallops. Adjust the seasoning and set aside.

Meanwhile, steam the spinach just until tender and bright green. Drain well and pat dry between paper towels. Chop coarsely. In a large skillet over medium high heat, saute' the mushrooms in hot butter until tender and the liquid has evaporated. Cut the cream cheese into small cubes. Shred the crabmeat, removing any shells. Set aside.

Cook the lasagna noodles according to package directions. Drain well. While the noodles are cooking, spread a very thin layer of the reserved Bechamel Sauce (less than 1/2 cup) in the bottom of a greased 13x9x4-inch baking pan. Cover with a layer of cooked noodles, trimming to fit the pan, if necessary. Spread half of the seafood sauce over the noodles, then half of the chopped spinach, half of the cream cheese cubes, one-fourth of the grated mozzarella, half of the sautee'd mushrooms and half of the shredded crabmeat. Repeat the layers beginning and ending with lasagna noodles. Spread the noodles with the remaining Bechamel Sauce and top with the remaining mozzarella.

Bake, uncovered, at 350 degrees until bubbling and lightly browned and heated through, 45 minutes to one hour. Let stand for 10 to 15 minutes before serving.

Per Serving (excluding unknown items): 786 Calories; 40g Fat (45.5% calories from fat); 46g Protein; 61g Carbohydrate; 5g Dietary Fiber; 185mg Cholesterol; 654mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 6 Fat.

Pasta, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	786	Vitamin B6 (mg):	.4mg
% Calories from Fat:	45.5%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	31.0%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	23.5%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	40g	Folacin (mcg):	197mcg
Saturated Fat (g):	22g	Niacin (mg):	10mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	4
Cholesterol (mg):	185mg	% Daily Value*	0 0%
Carbohydrate (g):	61g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	3
Protein (g):	46g	Lean Meat:	4 1/2
Sodium (mg):	654mg	Vegetable:	1 1/2
Potassium (mg):	1227mg	Fruit:	0
Calcium (mg):	692mg	Non-Fat Milk:	1/2
Iron (mg):	7mg	Fat:	6
Zinc (mg):	5mg	Other Carbohydrates:	0
Vitamin C (mg):	28mg		
Vitamin A (i.u.):	6543IU		
Vitamin A (r.e.):	916RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 786 Calories from Fat: 357

% Daily Values*

Total Fat	40g	61%
Saturated Fat	22g	110%
Cholesterol	185mg	62%
Sodium	654mg	27%
Total Carbohydrates	61g	20%
Dietary Fiber	5g	20%

Protein 46g

Vitamin A	131%
Vitamin C	46%
Calcium	69%
Iron	41%

** Percent Daily Values are based on a 2000 calorie diet.*