
Seafood Luncheon Dish

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

1 can cream of mushroom soup

2/3 cup milk

1/4 cup Longhorn cheese, grated

1/2 cup mayonnaise

2 cups fine noodles, crushed slightly

2 cups cooked shrimp

1 can (6-1/2 ounce) crabmeat, drained

1 can (5 ounce) water chestnuts, drained

1 can French fried onion rings, crushed

In a bowl, mix the soup, milk, cheese and mayonnaise. Fold in the uncooked noodles, shrimp, crab and sliced water chestnuts. Pour into a greased two-quart casserole dish.

Bake, covered, at 325 degrees for 20 minutes. Uncover and bake an additional 10 minutes. Sprinkle with the onion rings.

Bake for 10 minutes longer or until the noodles are tender.

Seafood

Per Serving (excluding unknown items): 267 Calories; 19g Fat (63.4% calories from fat); 22g Protein; 3g Carbohydrate; trace Dietary Fiber; 182mg Cholesterol; 532mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 2 Fat.