
Creamed Scallops and Mushrooms

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

1 pound fresh or frozen scallops

2 tablespoons butter

1 cup fresh mushrooms, sliced

1/4 cup mushrooms, sliced

1/4 cup margarine

1/4 cup flour

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 cup water

1 1/2 cups half-and-half

1/2 cup cheddar cheese, grated

2 tablespoons fresh parsley

paprika

Thaw, rinse and wipe the scallops dry.

Saute' the mushrooms in butter. Set aside.

Grease a shallow casserole dish and arrange the scallops in the bottom.

In a small saucepan, melt the margarine and stir in the flour, salt and pepper until blended. Gradually add the half-and-half, stirring constantly. Add the mushrooms and water. Cook, stirring constantly, until thick and smooth. Stir in the parsley. Pour over the scallops. Sprinkle with cheese and paprika on top.

Bake uncovered at 350 degrees for 30 minutes or until the cheese melts and the sauce is bubbly.

Serve over rice or toasted patty shells.

Seafood

Per Serving (excluding unknown items): 244 Calories; 22g Fat (79.8% calories from fat); 5g Protein; 7g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 549mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 4 Fat.