

# Scallop Casserole

*ann Marie Norman*

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*1 pound scallops*  
*1 small jar Cheese Whiz*  
*1 can cream of mushroom*  
*soup*  
*1 small box minute rice*

Preheat the oven to 350 degrees.

In a four-quart casserole dish, mix all of the ingredients.

Bake for 45 minutes.

(By omitting the scallops, this recipe makes a nice side dish.)

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Per Serving (excluding unknown items): 529 Calories; 12g Fat (21.8% calories from fat); 78g Protein; 20g Carbohydrate; trace Dietary Fiber; 152mg Cholesterol; 1763mg Sodium. Exchanges: 1/2 Grain(Starch); 11 Lean Meat; 1 1/2 Fat.