

Scallops Casserole

mari Fran Gregory

Totland College Nursery School - Braintree, MA (1978)

*1 pound scallops, washed
and drained
1/2 large onion, chopped
salt
pepper
Tabasco sauce
battered bread crumbs
1 can mushroom soup
1 cup sherry
parsley*

Preheat the oven to 350 degrees.

In a bowl, mix the scallops, onion, salt, pepper, mushroom soup and sherry. Turn the mixture into a 1-1/2 quart casserole dish.

Top with the bread crumbs and parsley.

Bake for 20 minutes.

Per Serving (excluding unknown items): 880 Calories; 12g Fat (18.4% calories from fat); 79g Protein; 43g Carbohydrate; 1g Dietary Fiber; 152mg Cholesterol; 1628mg Sodium. Exchanges: 1/2 Grain(Starch); 11 Lean Meat; 1 Vegetable; 1 1/2 Fat.