
Scallops Tetrizzini

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

3/4 pound fresh or frozen scallops
1/2 teaspoon instant minced onion
1/4 teaspoon salt
dash pepper
2 tablespoons butter
2 tablespoons flour
1/4 teaspoon paprika
dash leaf oregano, crushed
1 drop tabasco sauce
1/2 cup milk
1 egg, slightly beaten
1 can (3 ounces) mushrooms, undrained
4 ounces spaghetti, cooked and drained
2 tablespoons grated Parmesan cheese
parsley

In a saucepan, combine the scallops, onion, salt and pepper. Add water just to cover the scallops (about one cup). Cover and simmer for 10 minutes. Drain, reserving one-half cup of the cooking liquid.

In a saucepan, melt butter and blend in the flour, paprika, oregano, salt and Tabasco. Add the reserved cooking liquid and the milk. Cook and stir until thickened.

Stir a little of the hot sauce into the egg. Return to the sauce and mix well. Add the undrained mushrooms and scallops to the sauce and mix well.

Spoon hot spaghetti into a two-quart casserole dish and top with the scallop mixture. Sprinkle the top with Parmesan cheese.

Brown under the broiler for about 5 minutes.

Garnish with whole canned mushrooms and parsley.

Seafood

Per Serving (excluding unknown items): 220 Calories; 9g Fat (38.1% calories from fat); 8g Protein; 26g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 273mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.