

Shrimp and Corn Casserole

Mrs Vonnie Smith

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 pound shrimp, cooked
and diced
1 small onion, sliced
1/2 can (15 ounce) creamed
corn
1/4 cup celery, diced
salt (to taste)
pepper (to taste)
white sauce (using 3/4 cup
milk)
cheddar cheese*

Preheat the oven to 350 degrees.

Make a white sauce using 3/4 cup of milk. Add some cheddar cheese. Cook, stirring, until it boils.

Add the shrimp, onion, corn, celery, salt and pepper.

Pour the mixture into a greased casserole dish.

Bake for 30 minutes.

Serve on rice.

Per Serving (excluding unknown items): 574 Calories; 8g Fat (13.1% calories from fat); 94g Protein; 26g Carbohydrate; 3g Dietary Fiber; 690mg Cholesterol; 884mg Sodium. Exchanges: 1 Grain(Starch); 13 Lean Meat; 2 Vegetable.