

Shrimp Rockefeller

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 2

2 tablespoons butter or margarine
1/2 teaspoon celery seed
1/2 teaspoon Worcestershire sauce
1/4 teaspoon salt
2 tablespoons sliced green onion with tops
1 small clove garlic, minced
1 pkg (10 oz) frozen chopped spinach, thawed
1/2 cup lettuce, chopped
1/2 cup light cream
1 egg yolk, beaten
4 ounces fresh or frozen shelled shrimp, cooked
2 tablespoons fine dry bread crumbs
2 tablespoons Parmesan cheese, grated
1 tablespoon butter, melted

Preheat oven to 375 degrees.

In a medium saucepan, combine two tablespoons butter, celery seed, Worcestershire sauce and salt. Stir in the green onion and garlic. Cook, covered, 2 to 3 minutes.

Drain the spinach thoroughly; stir in mixture in saucepan with lettuce, cream and beaten egg. Cook and stir until mixture just begins to bubble.

Place the shrimp in a small casserole. Place the spinach mixture on top of the shrimp. Place the remaining shrimp on top of spinach.

Combine the bread crumbs, cheese and melted butter; sprinkle evenly over the casserole.

Bake, uncovered, for 15 minutes.

Per Serving (excluding unknown items): 454 Calories; 32g Fat (60.8% calories from fat); 15g Protein; 32g Carbohydrate; 8g Dietary Fiber; 99mg Cholesterol; 921mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 6 Fat; 0 Other Carbohydrates.