

Shrimp Wiggle

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Servings: 6

*4 tablespoons unsalted
butter
1 cup fresh mushrooms,
chopped
2 tablespoons flour
2 cups hot milk
1/2 pound Gouda (or other
mild cheese), grated
1/2 teaspoon paprika
2 cups cooked shrimp,
diced
1 cup frozen peas, thawed
salt (to taste)
pepper (to taste)
1/4 cup fresh bread crumbs
1 pound egg noodles*

Preheat the oven to 350 degrees.

Grease a three-quart casserole dish with one tablespoon of butter. Set aside.

In a heavy saucepan over medium heat, melt the remaining butter. When hot, add the mushrooms and saute' for 5 minutes or until very soft. Stir in the flour and cook for 1 minute or until the flour has absorbed all fat. Whisk in the hot milk, cheese and paprika.

Cook, stirring constantly, for 5 minutes or until thick. Stir in the shrimp, peas, salt and pepper.

Cook the noodles according to package directions. Drain well. Combine with the shrimp mixture. Turn into the prepared casserole dish. Sprinkle with bread crumbs.

Serve immediately. Bake for 20 minutes or until bubbly.

(This dish works well with canned tuna, cooked chicken, turkey, sausage meat or any other fresh fish. Just replace with an equal portion.)

Per Serving (excluding unknown items): 521 Calories; 15g Fat (25.5% calories from fat); 32g Protein; 64g Carbohydrate; 3g Dietary Fiber; 257mg Cholesterol; 271mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat.