

Scampi Capriccio Di Diana

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 4

*1 pound medium shrimp,
cooked , shelled & deveined
2 1/2 tablespoons
margarine
3 tablespoons flour
2 tablespoons scallions,
chopped
1 1/2 cups milk
1/2 cup heavy cream
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon lemon juice
1/8 teaspoon nutmeg
1 cup Swiss cheese,
shredded
2 tablespoons Parmesan
cheese, grated
paprika
chopped parsley*

Preheat the oven to 350 degrees.

In a saucepan, melt the margarine over low heat. Blend in the flour and onion. Cook, stirring constantly, for 1 to 2 minutes. Add the milk and bring to a boil, stirring constantly, until hot and bubbly.

Gradually add the cream. Mix well. Add the salt, pepper, lemon juice and nutmeg. Blend. Remove from the heat.

Add 1/2 cup of Swiss cheese. Stir until the cheese is melted.

Place the shrimp in a greased one-quart gratin or shallow baking dish. Pour the sauce over the shrimp. Sprinkle the remaining Swiss cheese and Parmesan cheese over the top. Dust with paprika.

Bake for 20 to 25 minutes or until hot and bubbly.

Sprinkle with chopped parsley.

Per Serving (excluding unknown items): 483 Calories; 32g Fat (59.6% calories from fat); 36g Protein; 12g Carbohydrate; trace Dietary Fiber; 254mg Cholesterol; 695mg Sodium. Exchanges: Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 5 Fat.