

Shrimp Parmesan

Ruth Vonada

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1/2 cup butter
1 cup flour
1/4 teaspoon paprika
1 teaspoon salt
1/4 teaspoon pepper
5 cups milk
16 ounces American
cheese, shredded
1 1/2 pounds (or less)
shrimp, peeled
8 ounces mushrooms
3 tablespoons onion,
minced
1 package (16 ounce)
spaghetti, cooked
Parmesan cheese*

Preheat the oven to 350 degrees.

In a saucepan, combine the butter, flour, paprika, salt, pepper and milk. Cook over medium heat until thickened, stirring constantly.

Add the cheese, stirring until the cheese melts. Add the shrimp, mushrooms and onion. Fold in the cooked spaghetti. Spoon the mixture into a deep 13x9-inch casserole dish. Sprinkle with Parmesan cheese.

Bake for 30 to 45 minutes or until bubbly.

Per Serving (excluding unknown items): 686 Calories; 46g Fat (60.5% calories from fat); 29g Protein; 39g Carbohydrate; 2g Dietary Fiber; 143mg Cholesterol; 1697mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 7 1/2 Fat.