

Shrimp Tetrazzini

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

TETRAZZINI

8 ounces linguine, uncooked

3 tablespoons butter or margarine

3 tablespoons all-purpose flour

1/2 teaspoon lemon-pepper seasoning

1 3/4 cups chicken broth

1/2 cup half-and-half, fat free

2 tablespoons dry sherry (if desired)

1 1/2 cups frozen shrimp, thawed, cooked, deveined and peeled with tail shells removed

1 cup (12 oz) frozen sweet peas, thawed

TOPPING

2 tablespoons butter or margarine, melted

1/3 cup plain bread crumbs

2 tablespoons fresh Parmesan cheese, shredded

Preheat oven to 350 degrees.

Spray a 13x9-inch glass baking dish with cooking spray.

Cook the linguine as directed on package. Drain and place in baking dish.

In a 2-quart saucepan, melt the butter over medium heat.

Stir in the flour and lemon-pepper seasoning.

Stir in the broth. Heat to boiling, stirring constantly.

Stir in the half-and-half, sherry, shrimp and peas.

Pour the sauce over the linguine. Toss to mix.

In a small bowl, mix the two tablespoons of melted butter and the breadcrumbs. Sprinkle over the shrimp mixture. Sprinkle with cheese.

Bake, uncovered, about 30 minutes or until the mixture is hot and the topping is golden brown.

Per Serving (excluding unknown items): 395 Calories; 16g Fat (37.2% calories from fat); 10g Protein; 50g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 514mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat.