

Crab Lasagna

Susan Fay

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*1/2 pound lasagna noodles
2 cans (10-1/2 ounce ea)
cream of shrimp soup
1 pound crabmeat (or
imitation crab)
2 cups small curd lowfat
cottage cheese
1 package (8 ounce) lowfat
cream cheese
1 egg, slightly beaten
1 medium onion, chopped
2 teaspoons basil
1/2 teaspoon lemon juice
salt
pepper
2 tomatoes, thinly sliced
shredded cheddar cheese*

Preheat the oven to 350 degrees.

Cook the noodles in water for about 15 minutes.
Drain and rinse in cold water.

In a bowl, combine the soup and crab.

In another bowl, mix the cottage cheese and
cream cheese, egg, onion, basil, lemon juice,
salt and pepper to taste.

In a large greased casserole dish, place one
layer of noodles, half of the cheese mixture and
all of the crab mixture. Cover with another layer
of noodles and the rest of the cheese mixture.
Top with a layer of tomato slices.

Bake for 15 minutes.

Add the cheddar cheese on top.

Bake for another 30 minutes or until bubbly.

Let stand before cutting.

(Great for entertaining. Makes an elegant
buffet.)

Per Serving (excluding unknown
items): 1264 Calories; 25g Fat
(17.8% calories from fat); 48g
Protein; 211g Carbohydrate; 12g
Dietary Fiber; 262mg Cholesterol;
2262mg Sodium. Exchanges: 12
1/2 Grain(Starch); 1 1/2 Lean Meat;
4 Vegetable; 0 Fruit; 3 Fat; 0 Other
Carbohydrates.