

# Seafood Au Gratin

## Ingredients

1/2 sm. onion – chopped  
1/2 sm. green bell pepper – seeded, chopped  
1/2 cup real butter – divided  
1/2 cup all-purpose flour – divided  
4 oz. can crabmeat – drained  
1/2 lb. raw shrimp – peeled, deveined, tails removed  
1/4 lb. scallops – halved  
1/4 lb. flounder fillets  
1 1/2 cups milk – low-fat okay  
1/2 cup shredded sharp cheddar cheese  
2 tsp. white vinegar  
1/2 tsp. Old Bay® seasoning  
1/4 cup grated Parmesan cheese

## Directions

Sauté onion and pepper in 1/4 cup butter until tender; stir in 1/4 cup flour and cook for 10 minutes; stir in crabmeat; remove from heat; set aside.

Cover shrimp, scallops, and flounder with water, bring to a boil, simmer for 3 minutes; drain, reserving 1/2 cup of the cooking liquid; set the seafood aside.

Melt 1/4 cup butter, stir in 1/4 cup flour, cook for 1 minute; stir in milk and reserved cooking liquid, cook over medium heat, stirring constantly, until the mixture is thick; stir in cheddar, vinegar, crab boil seasoning, and seafood.

Press crabmeat mixture into the bottom of a greased 13" X 9" X 2" baking dish, spoon seafood mixture evenly over top, sprinkle evenly with Parmesan.

Bake in a 350 degree oven for 30 minutes, or until lightly

browned.