

Seafood Au Gratin

written by The Recipe Exchange | June 2, 2015

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.