

Seafood Au Gratin

SOURCE: www.lowcarbbluxury.com/recipes

INGREDIENTS:

- 2 TBS olive oil
- 1 lb fresh shrimp, peeled and de-veined
- 1 lb bay or sea scallops, rinsed and drained
- 3 TBS butter
- 2 TBS oat flour
- 2 egg yolks
- 2 C hot chicken broth
- 3 TBS chopped shallots
- 1 (4 oz) can button mushrooms, drained
- 1/2 C white wine
- 1 lb cooked crab meat (can be canned if good quality)
- 2 C shredded Provolone cheese
- 1/2 C grated Parmesan cheese
- 2 TBS chopped fresh parsley

DIRECTIONS:

Preheat oven to 400° F. Lightly butter 8 small baking dishes.

In large skillet, heat olive oil over medium high heat. Sauté shrimp and scallops till firm, about 5 minutes.

In medium saucepan, melt butter over medium heat. Stir in flour till smooth. Gradually add chicken broth + egg yolks - raise heat to medium-high. Stir till lightly thickened. Mix in shallots, mushrooms + wine. Cook 5 -10 minutes.

Arrange shrimp, scallops + crab in bottom of prepared dishes - pour sauce over seafood - cover with cheese.

Bake in preheated oven till golden, about 12-15 minutes. Sprinkle with parsley - serve.

Serves 8 / 4 grams of carbs per serving.