

CRAB ST JACQUES

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1/2 C mushrooms, sliced
2 TBS onion, finely minced
1 TBS polyunsaturated margarine
2 tsp cornstarch
1/2 C skim milk
1 TBS dry white wine
1 TBS lemon juice
1/2 tsp thyme
1/8 tsp white pepper
8 oz crabmeat (or imitation crab)
Breadcrumbs
1 oz part-skim mozzarella cheese, grated

DIRECTIONS:

Sauté mushrooms & onions in margarine - blend in cornstarch - add milk, wine & lemon juice - cook on medium heat, stirring constantly, till thickened & smooth. Blend in seasonings - add crab & heat through - divide between 2 scallop shells or individual au gratin dishes - broil 3-4 minutes 3-5" from heat, or till lightly browned. Serve with fruit plate & whole wheat roll.

Makes 2 servings

[per serving: 280 calories; 10 g fat; 410 mg sodium; 80 mg cholesterol]