

CREAMY SEAFODD LASAGNA

INGREDIENTS

9 lasagna noodles (8 oz. box)
1-2 tablespoons canola or olive oil
½ teaspoon salt
3 green onions, finely chopped
3 garlic cloves, minced
½ red bell pepper, diced
1 stick butter, divided
½ cup unsalted chicken broth
1 bottle (8 oz.) clam juice
1 pound bay scallops
1 pound uncooked small shrimp, peeled and deveined
8 oz. surimi (imitation crab meat) chopped
½ cup all-purpose flour
1½ cups low-fat milk
1 cup heavy whipping cream
½ teaspoon white pepper
½ cup shredded Parmesan cheese, divided

DIRECTIONS

Preheat oven to 350 degrees.

Bring a large pot of water with the salt and oil to a rolling boil. Cook lasagna noodles according to package directions. Drain the noodles and lay flat on parchment paper or waxed paper to cool.

Melt 2 tablespoons butter in a large skillet. Add onion, garlic and bell pepper and saute until tender, about 2-3 minutes. Stir in broth and clam juice, bring to a boil. Add scallops, shrimp and crab, return to a boil. Reduce heat and simmer uncovered, for 4-5 minutes or until shrimp turn pink and scallops are firm and opaque. Drain, reserve cooking liquid. Set seafood mixture aside in a medium bowl. Add the milk to the cooking liquid.

In the same pan, melt the remaining butter; slowly stir in flour until smooth. Stir in 2-3 tablespoons of the flour mixture to the liquid. Slowly add the liquid to the pan

while stirring with a whisk. Add the white pepper. Bring to a boil; lower heat and cook, stirring constantly for 2-3 minutes or until thickened.

Remove the cream sauce from heat; stir in $\frac{1}{4}$ cup of Parmesan cheese and the heavy cream.

Add $\frac{3}{4}$ cup cream sauce to the seafood mixture.

Assemble lasagna:

Spread $\frac{1}{2}$ cup white sauce on the bottom of a greased 13 x 9 inch baking pan. Place 3 noodles on top of the sauce length-wise in the pan. Top the noodles with half of the seafood mixture and $1\frac{1}{4}$ cups sauce, spread evenly across noodles. Repeat layers (3 noodles, seafood mixture, cream sauce). Top with remaining 3 noodles, sauce and $1\frac{1}{2}$ cup Parmesan cheese.

Bake, uncovered for 40-45 minutes or until bubbly and golden brown. Let stand for 10-25 minutes before cutting.

Serves 12

NUTRITION INFO PER SERVING:

Calories: 340

Carbohydrate: 23 grams

Fat: 17 grams

Saturated fat: 10 grams

Protein: 10 grams

Sodium: 622 mg.