

Favorite Hot Fish Entrees for Lent



With its savory mingling of flavors, Dilled Shrimp-Squash Casserole is an excellent choice for a supper entree.

Dilled Shrimp-Squash Casserole

- 4 littleneck yellow squash (about 1½ lbs.)
- 1 4½-oz. can shrimp
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup chicken broth
- ½ cup whipping cream
- 1 tablespoon instant minced onion
- 1 teaspoon dill weed
- ½ cup coarse bread crumbs
- ¼ cup grated Parmesan cheese
- 1 tablespoon butter or margarine, melted

1. Wash and dry squash; cut crosswise into ¼-in. slices and set aside.
2. Thoroughly rinse shrimp under running cold water. Drain and set aside.
3. Heat the 2 tablespoons butter in a saucepan; blend in a mixture of the flour, salt, and pepper and cook until mixture bubbles.
4. Remove from heat and add chicken broth gradually, stirring constantly. Continue to stir, bring to boiling, and boil 1 to 2 min.
5. Blend in the cream, onion, and dill weed; mix in the shrimp.
6. Put a layer of squash in bottom of a greased 1½-qt. casserole. Spoon half of the shrimp sauce over squash; repeat with remaining squash and sauce.
7. Cover tightly and set in a 400°F oven for 30 min.
8. Meanwhile, toss crumbs and cheese with the melted butter.
9. After 30 min. remove casserole from oven and reduce heat to 350°F. Remove cover and top with crumb mixture. Return to oven for about 15 min., or until crumbs are golden brown.

About 6 servings

Curried Shrimp-Squash Casserole

Follow recipe for *Dilled Shrimp-Squash Casserole*, omitting the instant minced onion and dill weed. Add to the cream sauce a mixture of ½ teaspoon curry powder, 1 tablespoon brown sugar, and 1 tablespoon lemon juice. Heat 2 tablespoons olive or cooking oil in a small skillet and add ½ cup chopped onion and ½ cup chopped green pepper; cook about 5 min. Put a layer of squash in bottom of casserole and spoon onion-green pepper mixture and half the shrimp sauce over it; repeat layering with squash and sauce. Proceed as for *Dilled Shrimp-Squash Casserole*.

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