

Crab and Avocado Casserole for Two

Makes 2 servings

Ingredients

- 1 avocado
- Lemon juice
- 1 can (7.5-ounce) crabmeat, or 1 cup fresh crabmeat
- 1 1/2 Tbsp butter or margarine
- 2 Tbsp flour
- 1 cup chicken broth
- 1 Tbsp sherry
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese, optional

Instructions

1. Cut avocado lengthwise into halves; remove seed and skin; dice.
2. Coat avocado with lemon juice.
3. Drain and flake crab.
4. Melt butter; blend in flour.
5. Stir in chicken broth; cook, stirring over low heat until mixture is thickened and comes to a boil.
6. Stir in crabmeat and sherry; heat thoroughly and add salt and pepper to taste.
7. Fold in diced avocado, then turn into two individual casseroles.
8. If desired, sprinkle with Parmesan cheese.
9. Broil 2 minutes or until top is brown.
10. Serve at once.

**CRAB AND AVOCADO
CASSEROLE FOR TWO**

- 1 avocado**
- Lemon juice**
- 1 can (7.5-ounce) crabmeat, or 1 cup fresh crabmeat**
- 1½ tablespoons butter or margarine**
- 2 tablespoons flour**
- 1 cup chicken broth**
- 1 tablespoon sherry**
- Salt and pepper to taste**
- ¼ cup grated Parmesan cheese, optional**

Cut avocado lengthwise into halves; remove seed and skin; dice. Coat avocado with lemon juice. Drain and flake crab. Melt butter; blend in flour. Stir in chicken broth; cook, stirring over low heat until mixture is thickened and comes to boil. Stir in crabmeat and sherry; heat thoroughly and add salt and pepper to taste. Fold in diced avocado, then turn into two individual casseroles. If desired, sprinkle with Parmesan cheese. Broil 2 minutes or until top is brown. Serve at once. Makes 2 servings. Recipe can be multiplied for more servings.

