



Seafood Lasagna

½ cup butter *

1 clove of garlic crushed *

½ cup flour (all purpose)

½ t salt *

2 cups milk

1 ½ cups chicken broth *

1 cup shredded mozzarella *

1 cup ricotta cheese *

1 8oz frozen package of spinach thawed and drained **

1 T chopped fresh parsley

¼ t black pepper *

9 to 12 lasagna noodles depending if you want 2 or 3 layers *

10-12 oz of imitation crab diced

10-12oz of cooked shrimp chopped *

1 cup shredded romano or swiss *Cook noodles as directed on package. In a saucepan melt butter and garlic. Stir in flour and salt. Stir constantly until bubbly. Add in milk and broth and stir until boil. Reduce heat and add mozzarella, ricotta, parsley and pepper. Stir until cheese is melted. Spread 1 cup of mixture in an ungreased 9×13 baking pan, top with 3 noodles. Spread a layer of crab and 1 cup of sauce and ¼ cup of shredded romano. Repeat with a layer of noodles. Spread your spinach and 1 cup of sauce and ¼ cup of shredded cheese. If you wish to have a 3rd layer then you repeat with the noodles, if not add your shrimp to the spinach layer. Top last layer of noodles with sauce and shredded cheese and bake at 350 for 30-40 minutes.