

## Surimi Cheese Casserole

Courtesy of Carole's Creations

Prep Time: 15 minute

Cooking Time: 30 minutes

Serves: 2 - 4

**CChints:** Surimi is made of processed seafood that has been colored and flavored to taste like lobster or crab meat. It is often used in casseroles and salads as an inexpensive way to add fish to a dish.



This recipe makes 2 large servings or 4 three inch square servings. If you are a fan of horseradish you may want to add a little more to the recipe. Japanese Panko bread crumbs can be found on the Asian aisle or with the bread crumbs on the pasta aisle. They are becoming very popular because of their unique texture and crunch.

2 cups grated zucchini or yellow squash or 1 cup of each  
1/2 medium yellow sweet onion, diced  
2 stalks of celery, diced  
6 -8 medium shrimp, peeled, deveined and chopped  
8 ounces imitation crabmeat or lobster, flaked slightly  
2 gloves of minced garlic, fresh or from a jar  
5 ounces reduced fat cream cheese  
1-1/2 teaspoons Worcestershire sauce  
1-1/2 teaspoon prepared horseradish  
1/2 teaspoon salt and a dash of pepper  
3 tablespoons shredded 5 or 6 Italian cheese blend (Mozzerella, Provolone, Asiago, Parmesan, Romano, Fontina)  
2 tablespoons Panko bread crumbs  
Extra Parmesan cheese to sprinkle on top, approximately 2-3 tablespoons  
A side vegetable or salad or both

Preheat oven to 400 degree F. Spray a 8x8 casserole dish or two 1 cup ramekins with cooking spray and set aside.

After you have shredded the vegetables wrap them in a few paper towels and squeeze out the excess liquid. Put in a microwaveable bowl. Add the diced onions and celery and microwave, partially covered, on high, for 2 minutes. Add the shrimp and let sit for 2 minutes. Carefully pour out the excess water and pour into a large mixing bowl.

Add to the mixing bowl the crab meat through salt and pepper. Stir well to combine. Spoon into the prepared baking container(s). Sprinkle with the bread crumbs and cheese. Bake for 30 minutes until it bubbles and is golden on top.

During this time you can do a little clean up and prepare your side item.