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▶▶ June 2015 ◀◀

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Seafood Chowder Casserole

- 1 Tbsp plus 1 teaspoon canola oil, divided
- 2 Cups sliced leeks, rinsed (about 2 small)
- 1 Cup sliced celery
- 2 Large white potatoes (about 1 3/4 pounds), peeled and cut into 3/4-inch pieces
- 2 Cups seafood stock or clam juice
- 2 Tsp Old Bay seasoning, divided
- 1/2 Tsp freshly ground pepper
- 1 Cup low-fat milk
- 1/4 Cup all-purpose flour
- 1 Tsp Dijon mustard
- 1 Pound raw shrimp (21-25 count), peeled, deveined and chopped (about 2 cups)
- 12 Ounces diced cod or other firm white fish
- 8 Ounces pasteurized crabmeat, preferably jumbo, drained
- 2 Cups shredded Gruyère cheese, divided
- 2 Tbsp chopped fresh dill or 2 teaspoons dried, divided
- 1/2 Cup coarse whole-wheat breadcrumbs

- 1) Preheat oven to 400°F. Coat a 9-by-13-inch (or similar 3-quart) baking dish with cooking spray.
- 2) Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Add leeks and celery and cook, stirring often, until the leeks are softened, 2 to 3 minutes. Stir in potatoes, stock (or clam juice), 1 teaspoon Old Bay and pepper. Cover and bring to a simmer over high heat. Reduce heat to medium-low and simmer, covered, until the potatoes are just tender, 6 to 8 minutes.
- 3) Whisk milk, flour and mustard in a measuring cup. Stir into the potato mixture, increase heat to medium-high and bring to a simmer, stirring constantly. Stir in shrimp and fish and return to a simmer, stirring often; cook until the seafood is just cooked through, about 3 minutes. Remove from the heat and stir in crab, 1 1/2 cups Gruyère and half the dill.
- 4) Transfer the seafood mixture to the prepared baking dish. Mix breadcrumbs with the remaining 1 teaspoon each oil and Old Bay. Stir in the remaining 1/2 cup Gruyère and the remaining dill. Sprinkle the breadcrumb mixture over the casserole.
- 5) Bake the casserole until it is bubbling and golden brown, 20 to 30 minutes. Let stand 10 minutes before serving.

Makes 8 Servings

