

# **Lobster and Shrimp Pasta with Sherry Tomato Cream**

Susan M Selasky - Detroit Free Press  
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**Servings: 2**

**Start to Finish Time: 45 minutes**

**4 ounces favorite dried short pasta (such as penne)**  
**2 tablespoons unsalted butter**  
**2 (about 5 ounces ea) lobster tails, in shells**  
**6 large shrimp, in shells**  
**1 shallot, peeled and chopped**  
**2 cloves garlic, peeled and chopped**  
**1/4 pound mushrooms, sliced**  
**1/2 cup red bell pepper, thinly sliced**  
**good pinch crushed red pepper flakes**  
**1/4 cup dry sherry**  
**1/3 cup fat-free less-sodium chicken broth**  
**1/2 cup crushed canned tomatoes**  
**1/2 cup heavy whipping cream**  
**2 tablespoons Asiago or Parmesan cheese, shredded**  
**chopped chives or parsley (or both) (for garnish)**

Cook the pasta according to package directions. Reserve one cup of the pasta water. Drain the pasta and set aside.

In a large skillet, heat the butter over medium heat. Add the lobster tails and cook just until spots on their shells start to turn red, about 3 to 4 minutes. Add the shrimp and cover. Reduce the heat to low and cook about 5 minutes.

Remove the lobster and shrimp from the skillet. When cool, remove the lobster meat from the shell and cut into large chunks. Remove the shrimp from the shells and leave whole.

Meanwhile, in the same skillet, add the shallot and garlic. Saute' for 2 minutes.

Add the mushrooms, pepper and pepper flakes. Saute' about 5 minutes or until the mushrooms release their juices.

Deglaze the skillet with the sherry. Add the chicken broth and tomatoes and heat gently. Stir in the cream and cheese and heat through. If the sauce is too thick, thin with some of the reserved pasta water.

Add the lobster, shrimp and cooked pasta and heat through.

Transfer to individual serving bowls and garnish with chives or parsley. Serve immediately.

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Per Serving (excluding unknown items): 647 Calories; 37g Fat (53.9% calories from fat); 60g Protein; 10g Carbohydrate; 1g Dietary Fiber; 409mg Cholesterol; 897mg Sodium. Exchanges: 8 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.