

Nancys Crab and Shrimp Linguini

Nancy Callison

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*2 cloves garlic, minced
1 small onion, chopped
12 mushrooms, chopped
6 dried tomatoes, blanched
in hot water and diced
1 small carton sea legs
14 or more cooked shrimp
1/4 jar (3 ounce) capers
8 ounces or more linguini
4 tablespoons extra lite
olive oil
1 teaspoon basil
2 tablespoons parsley
pepper (to taste)
2 tablespoons butter
2 tablespoons flour
2 tablespoons instant
chicken bouillon
1 1/2 cups water
1/2 cup sherry
1/4 cup Romano cheese,
fgrated*

Saute' the garlic, onion, mushrooms, tomatoes, sea legs, shrimp and capers in the olive oil. Season with basil, parsley and pepper. Cook the linguini.

To make the sauce: heat the flour in butter to make a roux. Add the bouillon, water and sherry. Heat through.

Drain the linguini. In a serving bowl, combine the linguini, seafood mixture and sauce. Toss with Romano cheese.

Per Serving (excluding unknown items): 4140 Calories; 54g Fat (11.7% calories from fat); 179g Protein; 734g Carbohydrate; 62g Dietary Fiber; 357mg Cholesterol; 7825mg Sodium. Exchanges: 47 Grain(Starch); 6 1/2 Lean Meat; 4 1/2 Vegetable; 6 1/2 Fat; 0 Other Carbohydrates.