
Seafood Pasta

*Shells Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 4

PASTA

1 pound linguine

1 ounce butter

salt

SEAFOOD MIX

4 ounces mussel meat

6 ounces chopped clams, cooked and drained

10 ounces raw scallops

10 ounces raw shrimp, peeled

SAUCE

4 ounces olive oil

4 ounces dry cooking wine

8 cloves fresh garlic, finely chopped

salt (to taste)

pepper (to taste)

In a saucepan, cook the linguine in salt water with butter until al dente. Drain. Set aside.

Make the sauce: In a saucepan, combine the olive oil, wine, garlic, salt and pepper. Bring to a boil.

Add the mussel meat, clams, scallops and shrimp. Stir gently for 2 minutes.

Lower the heat. Add the cooked linguine. Stir gently for approximately 10 minutes or until the seafood is done and the mixture has a creamy consistency.

Serve immediately.

Pasta

Per Serving (excluding unknown items): 794 Calories; 37g Fat (41.9% calories from fat); 26g Protein; 89g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 115mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 7 Fat.