

## ***Linguine with Frutti di Mare***

*Classic Italian seafood pasta dish with tasty fresh shellfish and olive oil, garlic, and parsley. This is a fun meal to prepare with an assistant, especially as you'll be doing more than one step at a time. You'll notice that this dish has triple the vegetables and half the pasta than the traditional restaurant-cookbook portion, increasing the flavor and lowering the sugar load of this wonderful dish. When available, select fiber- and protein-rich pasta; it has double the protein, double the fiber, and far less refined carbs. Choose the freshest shellfish available, or use frozen options— if frozen thaw, drain, and pat dry—selecting the best mussels, shrimp, sea scallops, clams, squid, or bay scallops available.*

**Preparation Time:** 30-35 minutes      **Serves:** 4

### **Ingredients:**

1/3 cup extra virgin olive oil (divided)

1 medium onion, diced

2 tsp Italian herb seasoning

¼ tsp sea salt

¼ tsp ground black pepper

¼ to ½ tsp chili flakes (to taste)

3 cups button mushrooms, sliced

1 medium sweet bell pepper, sliced

4 medium tomatoes, chopped

8 medium cloves garlic, diced (divided)

1 ¼ cup Italian parsley, chopped (divided)

Pot of water with salt

4 ounces linguine fiber- and protein-enriched pasta (Barilla is a popular brand or gluten-free linguine pasta)

2 Tbsp avocado oil

¾ pound large shrimp (26-30/lb), peeled and deveined, shells removed

8 large sea scallops (about 8 ounces)

¼ cup dry white wine

¾ pound mussels (in the shell), rinsed and beards removed (or clams)

## Directions:

Bring a pot of water with salt to a boil.

Meanwhile, heat a large sauté pan to medium heat, add 3 tablespoons extra olive oil, then onions, Italian herbs, salt, black pepper, and mushrooms and heat, stirring occasionally, for 3 minutes. Add bell pepper and tomatoes and heat another 2-3 minutes with a sporadic stir, then add 4 diced garlic cloves and  $\frac{3}{4}$  cup diced parsley, heat 2 minutes until garlic is cooked but not browned. Transfer olive oil and cooked vegetables to a large holding bowl.

When water is boiling briskly, and after vegetables have been transferred to a holding bowl, add pasta, stir occasionally, cook about 8 minutes, until pasta is al dente, ideally slightly undercooked. Don't overcook the pasta. When pasta is cooked, drain well, and combine in the bowl with olive oil and vegetables.

As the pasta begins to cook, pat dry the shrimp and scallops with paper towels. As you start to cook the pasta in a separate pot with boiling water, heat the same sauté pan that held the olive oil and vegetables to medium-high heat, there should be small bits of onion, herbs, and parsley in the pan. Add 2 tablespoons avocado oil, then add shrimp and scallops, and sear for 30 seconds on each side. Add white wine, then mussels, cover, and steam for about 3-4 minutes until mussels open; discard any mussels that refuse to open in this time. Pour the vegetable mixture with pasta into the seafood sauté pan, mix, cover, and heat for 1-2 minutes until warm.

As the seafood, vegetable, and pasta mixture is warming together, bring a separate pan to medium heat, add remaining 3 tablespoons extra virgin olive oil, remaining  $\frac{1}{2}$  cup chopped parsley, and remaining 4 diced garlic cloves. Simmer for 2 minutes until cooked, but don't let the garlic brown.

With tongs, transfer pasta from the pan on to a serving platter, then with a slotted spoon serve shellfish and vegetables over the pasta. Mix together. Lastly, pour the olive oil, garlic, and parsley sauce as a garnish over the dish and serve.

Enjoy!

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