

Bishop Robert E. Guglielmone, Bishop of Charleston
Seafood Linguine Recipe

Servings 2

Ingredients:

2 tablespoons olive oil
2 tablespoons butter
2 cloves garlic, chopped
¼ cup onion, chopped
½ small zucchini, diced (small
broccoli florets may be added
or substituted)
6-8 large shrimp, peeled and
deveined
6-8 bay scallops (diver
scallops, cut in smaller pieces,
may be substituted)
¼ cup crabmeat
juice from one lemon
1 pinch dried red pepper flakes
¼ cup white wine
1 tablespoon Italian parsley
½ lb. cooked linguine
Parmesan cheese to taste

Directions:

1. Heat olive oil and butter in a sauté pan over medium heat.
2. Add garlic, onion and zucchini and sauté just until vegetables are crisp-tender and slightly browned.
3. Add all seafood and lemon juice, and sauté, turning constantly, for 1-3 minutes, or until shrimp turn pink and scallops are opaque.
4. Add red pepper flakes and wine and cook until wine is reduced by half.
5. Add parsley and cook for 2 minutes.
6. Put cooked linguine in large bowl, Top with seafood mixture and toss to coat.
7. Top with Parmesan cheese and serve.



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