Recipe For Health | MAY 2009

CAJUN SHRIMP SCAMPI WITH LINGUINE

Add some heat to this classic seafood dish

by Jill Yarbrough, Test Kitchen Manager

Featured Food: Shrimp

Yield: Serves 3-4

Ingredients

6 oz. linguine 8 oz. precooked shrimp, 41-50 count (or 10 oz. frozen, raw shell-on, peeled and deveined)

1 T. butter ³/₄ c. crabmeat, chunked

1 T. olive oil 5 - 6 T. white wine

 $\frac{1}{4}$ t. Mark t. Cajun or Creole seasoning Salt and pepper to taste

Preparation

Cook linguine until al dente. Drain in colander, then chill noodles in cold water, drain and set aside.

Heat butter and olive oil in pan. Add garlic and let cook for one minute. Stir in Cajun seasoning. If using raw shrimp, add shrimp to pan and cook until just pink and opaque, about two to three minutes. Remove shrimp and set aside.

Add wine to pan and cook until liquid is reduced by half. Add green onions, noodles, shrimp and crabmeat, and heat through.

Season with salt, pepper, and additional Cajun seasoning to taste.