

Oyster and Shrimp Pasta

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 4 Tbs. butter
- 1 lb large oysters, shucked
- 1 lb peeled shrimp (40/50 count)
- 2 tablespoons Cajun seasoning
- 2 Tbsp. unsalted butter
- 1 cup onions, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh thyme
- 1/2 teaspoon hot sauce
- 1 lb. spaghetti pasta, cooked
- 8 sprigs flat-leaf parsley, chopped

DIRECTIONS

1. In a large saucepan, heat oil and butter. Add onion, celery, green and red bell pepper and cook until soft.
2. Stir in garlic, thyme, Creole seasoning and hot sauce. Cook for an additional minute.
3. Add oysters and shrimp and lightly sauté.
4. Remove from heat and add cooked, drained pasta to the pan and toss with other seafood mixture.
5. Transfer to a serving platter. Garnish with fresh chopped parsley.



HEALTHY SWAPS

- **Lower Fat: 299 kcal (101g fats, 28g carbohydrates, 21g protein.)** Omit butter. Add ½ “pasta water” to the seafood mixture before adding pasta.
- **Lower Carb: 310 kcal (19g fat, 12g carbohydrates, 21g protein.)** Substitute 8 cups of zucchini noodles for the spaghetti. Reduce chopped onions to ½ cup.
- **Lower Sodium: 372 kcal (19g fats, 28g carbohydrates, 453mg sodium, 22g protein.)** Use only unsalted butter. Use “no salt added” cajun seasoning.
- **Gluten-free: 361 kcal (19g fat, 30g carbohydrates, 21g protein.)** Use gluten-free pasta. Ensure Cajun seasoning is gluten-free. Note: Can also use zucchini noodles or spaghetti squash.
- **Dairy-free: 388 kcal (21g fat, 28g carbohydrates, 22g protein.)** Substitute olive or avocado oil for butter.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	8 servings per container Serving size 1.5 cup Calories per serving	Total Fat 28g			36%	Total Carbohydrate 28g		
Saturated Fat 7.2g				36%	Dietary Fiber 2g			7%
<i>Trans</i> Fat 0.2g					Total Sugars 3g			
Cholesterol 150mg				50%	Includes 0g Added Sugars			0%
Sodium 1310mg				57%	Protein 22g			44%
Vitamin D 0mcg		0%	• Calcium 64.7mg		4%	• Iron 6.5mg		35%
Potassium 405mg		8%	• Vitamin A		20%	• Vitamin C		35%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.