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# Ted and Toni`s Seafood Casserole

*Ted and Toni Lane - Modesto, CA*

*Windsor Vineyards, CA*

Servings: 2

**1/2 package (8 ounce) spaghettini**  
**3 tablespoons olive oil**  
**1 pound medium shrimp**  
**1 medium green pepper, cut into strips**  
**1 cup sliced mushrooms**  
**2 cloves garlic, minced**  
**1 jar (14 ounce) meatless spaghetti sauce**  
**1/3 cup chardonnay**  
**1/4 teaspoon black pepper**

Prepare the pasta as directed on the package. Drain.

Meanwhile, heat two tablespoons of the oil over medium heat in a twelve-inch skillet. Add the shrimp and saute' until the shrimp turn pink, about 3 minutes. Remove the shrimp.

Add the remaining oil, green pepper, mushrooms and garlic. Saute' until the green pepper is crisp-tender, about 6 minutes. Stir in the spaghetti sauce, wine and pepper. Bring to a boil. Reduce the heat. Cover and simmer for 6 minutes.

Stir in the shrimp. Heat thoroughly. Serve over pasta.

## **Seafood**

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*Per Serving (excluding unknown items): 476 Calories; 24g Fat (49.4% calories from fat); 47g Protein; 9g Carbohydrate; 2g Dietary Fiber; 345mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 4 Fat.*