
Seafood MacArthur

*1902 Landmark Tavern - Mount Washington, PA
Pittsburgh Chefs Cook Book - 1989*

Servings: 2

1 small onion

1 small green pepper

1 large (or 3 small) mushrooms

8 ounces marinara sauce

crushed red pepper (to taste)

4 ounces small shrimp, peeled and deveined

4 ounces bay scallops (or sea scallops), chopped into quarters

10 ounces imported linguini, cooked

Chop the onion, green pepper and mushrooms into small strips.

Saute' the vegetables in the marinara sauce. Add the pepper after 2 to 3 minutes.

Add the shrimp. Saute' for 2 minutes.

Add the scallops. Saute' for 1-1/2 minutes.

Add the linguini. Continue to cook.

Serve immediately.

Seafood

Per Serving (excluding unknown items): 164 Calories; 3g Fat (19.1% calories from fat); 14g Protein; 19g Carbohydrate; 4g Dietary Fiber; 86mg Cholesterol; 554mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.