

Seafood Alfredo

Family Kitchen

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2 cups "Alfredo Sauce" (see the recipe listed under "sauces - cooking")

1 teaspoon minced garlic

2 tablespoons olive oil

8 ounces imitation crab

5 ounces cooked salad shrimp

1 tablespoon lemon juice

1/2 teaspoon pepper

1/2 cup frozen peas, thawed

12 ounces bowtie pasta

grated Parmesan cheese

(for sprinkling)

In a skillet, saute' the minced garlic in two tablespoons of olive oil until tender. Stir in the imitation crab, salad shrimp, lemon juice and pepper. Cook for 1 minute.

Cook the bowtie pasta according to package directions. Drain.

Add the Alfredo Sauce and 1/2 cup of thawed frozen peas to the crab mixture.. Cook until heated through.

Pour the sauce over the hot bowtie pasta.

Sprinkle with grated Parmesan cheese.

Per Serving (excluding unknown items): 536 Calories; 30g Fat (50.3% calories from fat); 31g Protein; 36g Carbohydrate; 4g Dietary Fiber; 45mg Cholesterol; 1989mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat; 1 Other Carbohydrates.