

Healthy Recipe of the Week

SIMPLE SEAFOOD ALFREDO

1/2 lb. seafood salad chunks (imitation crab)

2 c. half & half

1 c. grated Parmesan

3 green onions, chopped

1/2 tsp. minced garlic

1 tbsp. butter

1/4 c. white cooking wine

1 tbsp. parsley flakes

1/2 tsp. pepper

Salt to taste

1/2 box your favorite pasta

Cook pasta, drain, set aside. Cut seafood into smaller bite-sized pieces and set aside.

In electric skillet, at 300 degrees, saute onions and garlic. Add half & half, seafood chunks, Parmesan cheese, wine and spices. Heat to simmer. Reheat pasta (run under hot water and drain).

Serve pasta onto plates, spoon Seafood Alfredo mixture over pasta. Sprinkle on extra cheese and serve. Makes 4-6 servings. Preparation time: 30-45 minutes.