

SEAFOOD LINGUINE WITH LEMONS

June 22, 2023

- 1 lb. Linguine or Angel Hair
- 2 Lemons, halved
- 2 tbsp. Butter, unsalted
- 1 tbsp. Olive Oil
- 1 lb. Shrimp, peeled & deveined
- 6 oz. Bay Scallops (optional)
- 8 Garlic Cloves, medium & finely chopped
- 6 oz. Clams, canned - chopped - drained (optional)
- 2 tbsp. Lemon Zest, finely grated
- 4 tbsp. Lemon Juice, fresh
- 1 tsp. Kosher Salt
- 1 tsp. Black Pepper
- 2/3 cup Parsley, chopped
- 1/2 cup Chives, chopped



- Cook the pasta according to the package directions. Scoop out and reserve 1/2 cup pasta water; drain the pasta.
- Meanwhile, coat a large nonstick skillet with cooking spray and heat over medium-high. Add the lemon halves to the pan, cut side down. Cook until seared, about 3 minutes. Remove the lemon halves from the pan.
- Add the butter and oil to the pan, swirling until the butter melts. Add the shrimp, scallops and garlic; sauté until the shrimp and scallops are done, 3 to 5 minutes, stirring frequently. Stir in the clams; cook until the clams are thoroughly heated, 1 to 2 minutes.
- Add the drained pasta, reserved 1/2 cup pasta water, lemon zest and juice, salt, and black pepper to the pan; toss well to combine. Remove the pan from the heat; stir in the parsley and chives.

Per Serving (about 1½ cups): 406 Cal, 7g Total Fat, 3g Sat Fat, 784mg Sod, 53g Total Carb, 3g Sugar, 3g Fib, 31g Prot.

Bay scallops can sometimes be tough to find compared to their larger cousins, sea scallops. If you can't find bay scallops, you can use sea scallops and quarter them.