



FLOUR CITY PASTA

CHIPOTLE FETTUCINE WITH SCALLOPS AND FRESH TOMATOES

Ingredients:

1lb. chipotle fettuccine cooked al dente (about 8 minutes).
 1lb. scallops sliced in half horizontally
 2 cloves garlic, peeled and chopped
 2tbs. olive oil
 2 tbs. fresh basil, chopped
 Fresh basil leaves

Sauce:

2 tbs. olive oil
 ½ onion, chopped
 1 clove garlic, peeled and chopped
 2 lbs. fresh market tomatoes

Directions:

1. Heat olive oil in large skillet over medium heat. Add onions, 1 clove garlic and a pinch of salt. Saute for 5 minutes, stir occasionally until onions are softened but still white. Add tomatoes and crush with a fork.
2. Meanwhile in another skillet over medium-high heat combine olive oil and 2 cloves garlic and cook for about 1 minute. Add scallops and ½ tsp salt.
3. Cook over high heat for about 3 minutes, toss the scallops until they are cooked through, Add the scallops to the sauce season to taste and stir gently to keep warm.
4. Drain the cooked pasta. Place in a large warm serving dish. Add the scallop sauce and basil and stir together. Garnish with fresh basil leaves and serve.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 17g	27%	Total Carb. 57g
Serv. Per Cont. 3	Sat. Fat 3g	15%	Fiber 36g	144%
Calories 360	<i>Trans Fat</i> 0g		Sugars 8g	
Fat Cal. 150	Cholest. 0mg	0%	Protein 21g	
	Sodium 890mg	37%		
	Vitamin A 690% • Vitamin C 20% • Calcium 25% • Iron 90%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Organic Chipotle Powder, Organic Paprika Powder, Natural Wheat Protein

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