

Seafood Pasta with White Wine Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 15 minutes

Serves: 5

CChints: There isn't any tomato sauce in this recipe, therefore your flavors come from what you add to the wine sauce. Pinto Grigio is a slightly sweet wine with hints of citrus and peach so it pares well with seafood. Remember to cook with a wine that you would also drink with the meal. Shallots are small purple skinned onion that have a mild sweet flavor.



- 5 servings of rice noodles or wheat angel hair pasta
- 2 teaspoons olive oil
- 3 shallots, chopped
- 3 cloves minced garlic, fresh or from a jar
- 1 cup chopped sun-dried tomatoes
- 2 cups Pinot Grigio, white wine, divided
- 1/2 teaspoon fresh minced ginger or a refrigerated ginger paste
- 1 pound large sea scallops
- 1 pound shrimp, peeled and deveined
- 1/2 teaspoon salt and a dash of pepper
- 2 cups fresh, pre-washed spinach leaves
- 5 ounce can sliced water chestnuts, drained and chopped

Do the prep work for this recipe before you start cooking because this comes together quickly. Cook noodles or pasta according to package directions and drain. The goal should be to have this portion finish cooking at the same time the main ingredients are done.

Heat a large nonstick skillet over medium heat and add the oil to the pan. Add then the shallots and cook for 3 minutes, then stir the garlic for 1 minute. Stir in the sun-dried tomatoes and cook for another minute.

Slowly pour in the 1/4 cup of the wine and add the ginger and scallops. Cook for 2 minute and add the rest of the wine and the shrimp through water chestnuts to the pan, making sure the shrimp is under the spinach so they can cook in the wine sauce. Cover and reduce the heat to a simmer for 4 – 6 minutes until the shrimp are pink and begin to curl up and the spinach has wilted. Stir in the drained noodles/pasta and toss for 1 minute.

Serve with chopsticks and chilled wine.