



Creamy Tuscan Seafood Pasta

Maintenance/Treatment to be mixed into your pasta:
shellfish, fish, mollusks (e.g. clams)

Ingredients:

- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons butter (substitute vegan butter if milk allergic)
- ¼ cup sun-dried tomatoes
- 1 teaspoon all-purpose flour
- 1 cup heavy cream
- ¼ cup parmesan cheese, grated (substitute vegan parmesan if milk allergic)
- 3 cups baby spinach
- 2 tablespoons fresh basil, finely sliced
- Pasta noodles of your choice
- Maintenance/treatment seafood of choice



Instructions:

1. Heat oil in a large skillet over medium-high heat for 2 minutes until hot oil is sizzling hot. Add your seafood of choice (shellfish, fish, mollusk) and season with salt and pepper. Saute for 5 minutes until seafood is nicely browned then set aside on a plate
2. In the same skillet, add butter, garlic, and sun-dried tomatoes. Saute until fragrant (approx. 1 minute). Stir in flour and mix until well combined
3. Add heavy cream and parmesan cheese. Stir well and bring the sauce to a simmer. Reduce the heat to medium and keep stirring until thickened to the desired consistency
4. Stir in spinach and cook until softened.
5. Sprinkle basil on top and serve over pasta.
6. Mix in your maintenance/treatment dose of seafood into portioned pasta.

Storage:

- Keep in an airtight container in the refrigerator for up to 1 week.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: milk, seafood, wheat