



Penne al Pomodoro Seafood Pasta

Maintenance to be mixed into your pasta: seafood (shellfish, mollusk, fish), ground turkey, ground beef, ground chicken

Ingredients:

- Canned tomatoes
- Olive oil
- Garlic
- Salt, pepper
- Sugar
- Penne pasta
- Basil
- Maintenance of seafood/ground meats



Instructions:

1. Saute your seafood as desired with salt, pepper, garlic, butter, etc. then set aside
2. Saute onion and garlic in olive oil with salt and pepper over medium heat for 5 minutes
3. Using clean hands, crush tomatoes as you add them to the pot. Simmer for 30 minutes or more
4. Meanwhile, cook pasta according to package directions, reserving ½ cup or so for pasta water
5. Add sugar, salt, and pepper to the tomato sauce
6. Blend the sauce to desired consistency using an immersion blender
7. Add cooked pasta and a few splashes of water to the sauce
8. Separate servings of pasta into storage containers.
9. Measure out your maintenance of seafood / ground meat.
10. Mix cooked seafood/ground meats into pasta containers
11. Store in the refrigerator for up to 1 week or in the freezer for up to 1 month.

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: wheat, dairy, seafood