



## crab pesto linguine

NIBBLEDISH CONTRIBUTOR

### Ingredients

#### Spinach Pesto

(yield: about 2.5 cups)

\*all approximations, put more or less to your discernment\*

**16 oz spinach leaves**

**3 garlic cloves**

**1/2 C parmigiano reggiano**

**1/4 C toasted walnuts (toasted nuts taste way better!)**

**1/2 C GOOD olive oil; *it's never worth scrimping on olive oil* (add more as necessary)**

**1 anchovy fillet**

**fresh lemon juice (this prevents browning, if you're making big batches to be stored.)**

**salt**

**freshly cracked black pepper**

**JUST BLITZ! BLITZ! BLITZ! (blender may be used, like i did, if food processor is not available)**

\*Leftover pesto sauce could also be stored in the freezer for future use.\*

#### Crab Pesto Pasta

(for one)

**2-3 T cooked crabmeat**

**1/2 fresh tomato, diced**

**1 T pesto sauce**

**1 T olive oil**

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**a pinch of red pepper flakes**  
**\*parmigiano reggiano, to taste**  
**linguine noodles**

## **Instructions**

**\*Benefits of Pesto (just a little trivia):**

Studies show that pesto is extremely healthy aiding in digestion and boosting the immune system. It's good for gout, muscular aches & pains, rheumatism and respiratory system.

**Toss cooked linguine (or any pasta cut of choice) in pesto sauce.**

**Add cooked crabmeat.**

**Plate.**

**Drizzle with olive oil.**

**Sprinkle diced tomatoes on top.**

**As well as red pepper flakes (to your liking)**  
**and freshly cracked black pepper**

**Italians do not usually add cheese to their seafood dishes, but I couldn't care less.**

**A little (or maybe a lot of) cheese wouldn't hurt.**