



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

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.