



TEAM FOUR
FOODSERVICE



Chickpea Spaghetti with Crab, Snow Peas, and Spinach

Yield: 10 portions

Ingredients:

20 oz. Barilla® chickpea spaghetti
1 lb. Lump crab meat (cooked)
3 Tbsp. Extra virgin olive oil
2 Tbsp. Butter
2 Garlic cloves, minced
8 Oz. Cremini mushrooms, sliced
12 oz. Snap peas, julienned
12 oz. Baby spinach
1/2 cup Roasted red pepper, diced
1/2 cup pecorino romano (grated)
Salt & black pepper to taste

Directions:

1. In a skillet over medium heat add olive oil, butter, snap peas, and spinach.
2. Meanwhile, bring a pot of water to a boil and cook pasta according to package directions. Reserve 2 cups of pasta cooking water.
3. Add 1 1/2 cup of pasta cooking water to skillet with 1/2 cup of parmigiano, and 1/2 of the red pepper.
4. Add crab to the skillet.
5. Drain pasta and add to the skillet. Add additional cooking water if needed.
6. Toss well; garnish with remaining red pepper and cheese.

Recipe and photo courtesy of Barilla