



Seafood Diablo over wide noodles

Switch up the sauce over your noodles with this Diablo sauce that combines lobster and shrimp with such flavors as chili powder, brown sugar, basil, cayenne and paprika—with tomatoes, of course!



Prep Time: 15 minutes

Cook Time: 10 minutes

Serves: 4-6 entrée portions

Ingredients:

1 lb. Wide noodles	\$1.10
4 Tbsp. olive oil	\$0.40
2 cloves garlic, minced	\$0.20
1 Tbsp. chili powder	\$0.08
1 (28 oz.) can crushed tomatoes in puree	\$2.20
2 tsp. brown sugar	\$0.06
5 fresh basil leaves, chopped	\$0.60
1/2 tsp. black pepper	\$0.02
1/2 tsp. cayenne	\$0.02
1/2 tsp. paprika	\$0.02
1/4 tsp. salt	\$0.02
8 oz. fresh cooked lobster meat, cut in small chunks	\$8.00
8 oz. cooked shrimp, shelled and deveined	\$3.40

Total: \$16.12

ESTIMATED FOOD COST FOR 4: \$4.03/serving

Chalk Board Menu Price: \$13.95

Gross Profit Per Plate: \$9.92

Food Cost % (for 6) 28.9%

Estimated Profit - Your prices may vary slightly.

Directions:

1. Cook pasta according to package directions. Drain.
2. Heat oil in large skillet over medium heat. Add garlic & chili powder; cook 1 minute. Add tomatoes, brown sugar, basil, black pepper, cayenne, paprika & salt. Bring to a boil over medium heat, then reduce to low; simmer uncovered 4 minutes.
3. Add lobster & shrimp, stir & cook 2 minutes. Serve over hot noodles.