

## Spaghetti Marinara - GF, CF, SF

### ***Ingredients:***

1 lb. scallops (fresh/frozen)  
1 lb. prawns  
1 large eggplant, cubed  
2 zucchinis, cubed  
1/2 - 1 lb. mushrooms (sm. whole, or sliced large)  
1 can (1 lb.) tomatoes, drained, or fresh tomatoes peeled  
1 lrg onion diced large  
olive oil  
basil, garlic  
brown rice spaghetti noodles for 4 - 8  
Optional: goat cheddar cheese grated

### ***Directions:***

#### Sauce:

Thaw seafood, keep liquid and boil down to about 1/3 c.  
Sautee eggplant, zucchini, onions, mushrooms.  
Add tomatoes and spices, reduced seafood sauce.  
Simmer 15 - 20 min.  
Add seafood.  
Simmer until seafood is hot.

#### Rice Spaghetti:

Cook spaghetti 10 min. in large pot of boiling water with splash of oil. Test for softness.  
Cooked too little = hard, too long = sticky.  
Rinse in colander; splash a bit of oil over noodles. Stir in to prevent sticking.

Serve Spaghetti, sauce, cheese. NOTE: As with all tomatoe-based sauces it is better next day. If prepared in advance, try adding seafood before serving.

Preparation Time - depends on how fogged the brain is....

Submitted by: Judy 06/09