

Pasta Salad with Crab and Shrimp

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-seafood-salad-recipe-with-crabmeat-and-shrimp>

Ingredients:

- 2 tablespoons salt
- 3/4 pound penne fusilli or tubetti
- 1 1/2 pounds asparagus tough ends trimmed and spears cut into pieces
- 1 garlic clove minced
- 3 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons mayonnaise
- 1 pinch freshly ground pepper
- 1/4 cup olive oil
- 1/4 pound lump crabmeat fresh, picked over for shell fragments
- 1/4 pound shrimp cooked small
- 2 teaspoons fresh tarragon finely chopped
- 1 head red-leaf lettuce or green-, torn into bite-size pieces

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 26 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 3750 milligrams
9. Sugar: 8 grams

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