

# Italian Seafood Artichoke Fettucine

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## Ingredients:

8 shrimps.  
2 lobster tails, just the meat.  
2 artichoke hearts, cut in.  
8 mushrooms, sliced.  
2 oz of olive oil.  
2 oz of flour.  
8 oz of light cream.  
3 oz of Romano cheese, grated.  
2 oz of king crabmeat.  
8 oz of fettucine pasta, cooked.

## Directions:

Sauté the shrimps, lobster tails, artichoke hearts and sliced mushrooms in the olive oil.

Once the seafood is three-quarters cooked, add the flour and cook for 3 minutes.

Add the light cream, grated Romano cheese and crabmeat; mix thoroughly.

Serve over cooked fettucine pasta.