

Crab Meat: The New Kitchen Staple

(NAPSA)—If you want to make waves in your family's menu—and keep good health on their plate—chefs say to consider crab. Pasteurized crab meat is a nutritious, easy-to-use, versatile kitchen staple. It can be eaten right out of the can, added to recipes, used as a creative topping for beef or chicken, used as a center-of-the-plate item or as a delicious appetizer. An added bonus to pasteurized crab meat—it has a shelf life of one year in refrigeration.

“Crab meat is rich in lean protein, virtually 100 percent fat-free and has no carbohydrates,” says registered dietician Alexa Bosshardt, MPS, RD, LD/N.

The Chesapeake Bay region is the most widely known for blue crab meat. However, blue swimming crab has grown to be a globally caught seafood, thus making it more widely available in grocery stores.

Cooking Up Cash

Home cooks can enter **Phillips' Making Seafood A Bigger Part Of Life™** Contest by creating original dishes that use Phillips Foods frozen, ready-to-bake products as ingredients. The entrance deadline is September 26, 2005 with the winner announced October 31. Last year's winning dish in Phillips' Seafood Pasta Contest used crab to reel in the prize:

Tuscan Crab and Asparagus Fusilli

- 8 oz. Phillips crab meat, special or claw
- 4 oz. dry Fusilli or any similar pasta shape
- 2 Tbsp. Olive oil
- 1 tsp. Garlic*, finely chopped
- 1 Tbsp. Sun-dried tomatoes, thinly sliced
- 1 Tbsp. Red peppers*, thinly sliced
- 4 spears Asparagus*, fresh, cut into 2" pieces
- 1 Tbsp. Pine nuts, toasted
- 2 tsp. Fresh oregano, chopped
- ½ c. Chicken broth
- 1 oz. (2 Tbsp.) Butter



Tuscan Crab and Asparagus Fusilli took last year's prize.

Salt and ground black pepper to taste

Garnish (per portion):

- 1 Tbsp. Fresh basil, thinly sliced
- 1 Tbsp. Asiago cheese, freshly grated

1. Cook Fusilli or pasta according to box directions. Set aside.

2. Toast pine nuts: place on baking sheet in 350° oven until golden brown, about 7 minutes.

3. Heat olive oil in large sauté pan over medium heat. Add garlic and lightly cook to release flavor. Do not brown.

4. Add sun-dried tomatoes, red peppers, asparagus, pine nuts, and oregano. Sauté until vegetables are tender crisp.

5. Add chicken broth and butter and cook, stirring, until slightly reduced and thickened.

6. Add crab meat and cooked pasta, tossing well to incorporate with sauce ingredients. Heat thoroughly.

7. Add salt and pepper to taste.

8. Garnish with basil and Asiago cheese.

*Optional Preparation: Roast garlic and peppers and grill asparagus before sautéing in recipe.

For more information, visit www.phillipsfoods.com.