

Mississippi Gulf Oysters and broccoli tossed with spiral pasta in a creamy yogurt-sauce featuring tomatoes, olives, cilantro and spices. Topped with Parmesan cheese.

TIME

30 minutes

SERVES

4

SEASON

spring, summer, fall, winter

METHOD

stovetop

INGREDIENTS

- 12 oz Mississippi Gulf oysters, drained
- 12 oz spiral pasta
- 1 cup broccoli florets
- 2 each tomatoes, chopped
- 1/4 cup light sour cream
- 1/4 cup plain nonfat yogurt
- 1/4 cup black olive, chopped
- 1/4 bunch cilantro, chopped
- 1-2 tsp chili powder
- 1 tsp dried oregano
- 2 each cloves garlic, finely chopped
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/4 cup Parmesan cheese, grated

DIRECTIONS

1. Prepare the pasta according to package directions, adding broccoli and oysters for the last 4 minutes. Drain and reserve.
2. In a medium saucepan over medium heat, combine tomatoes, sour cream, yogurt, olives, cilantro, chili powder, oregano, garlic, salt and pepper.
3. Cook for 15 minutes, stirring frequently.
4. Toss reserved pasta with sauce, and sprinkle with Parmesan.
5. Serve in warm bowls.

Serving Suggestion: Serve with cheesy garlic bread.