



BUTTERY LINGUINE WITH GRILLED NAPE

DISCOVER THE "LOBSTER MEAT" OF STRIPED BASS

- 1 striped bass nape (the neck from the striped bass)
 - salt and pepper
 - enough whole wheat linguine to serve 2-3 people – each serving of dry pasta should be about the size of a quarter
 - ¼ C good olive oil
 - 2 TBS butter
 - optional garnishes: parmesan cheese, shredded basil leaves (about 3 leaves per serving)
- 1** Cook pasta according to directions.
 - 2** Heat a grill or a grill pan over medium-high heat. Season fish with salt and pepper and place on the grill. Grill the fish on each side until you see char marks, about 5-8 minutes per side. Once cooked, remove from the heat and shred fish with a fork.
 - 3** Combine olive oil and butter with the cooked linguine and season with salt and pepper.
 - 4** Serve pasta in a bowl and spoon fish over the top. Garnish with what you like – you can even make this spicy with red pepper flakes.