

Adapted from a [Tour Egypt](#).



## Egyptian Seafood Pasta

1 T olive oil  
1 onion, chopped  
1/2 cup bacon, chopped  
1 T garlic, minced  
1/2 t ground cloves  
1/2 lb. calamari rings  
2, 14.5 oz. cans petite diced tomatoes, no salt added  
1 t sea salt  
1/4 c red cooking wine  
1/2 lb. precooked mussels  
1 lb. cooked shrimp, peeled and deveined  
1, 13.25 oz. box of whole grain spaghetti  
1/2 c shredded parmesan

In a large pot boil water for spaghetti.

In a large skillet heat the olive oil and add the onion. Cook the onion until soft, about 3-5 minutes. Next add the chopped bacon, garlic and ground cloves and cook for another 3-5 minutes. Add the calamari rings and cook for 2 more minutes then add the tomatoes, salt and wine. Cook for 10 minutes.

While sauce is cooking, add the spaghetti to the boiling water and cook according to package.

After the 10 minutes have passed, return to the skillet and add the shrimp and mussels. Cook for another 3-5 minutes, mussels shells will pop open when ready. Serve over the spaghetti and garnish with parmesan.