

Linguine and Clams

Serving size: 1/6 of recipe

Serves: 6

Ingredients

1 pound linguine
1 tablespoon butter
1 medium onion, diced
1 cup fresh mushrooms, sliced
2 cloves garlic, minced
2 cups fresh tomato, diced
½ cup fresh basil, chopped
1 cup dry white wine
4 (6.5 ounce) cans chopped clams, drained and rinsed with juices reserved
Fresh ground black pepper
¼ cup fresh Italian parsley, chopped

Directions

Bring a large pot of water to boil. Add the pasta and cook for 8 to 10 minutes, just until al dente. Drain and reserve.

Melt butter over medium-high heat in a large skillet. Add onions, mushrooms, and garlic, and sauté until tender. Add tomato and basil. Stir in the wine and simmer for 10 minutes. Reduce heat.

Stir in the clams, reserved clam juice, black pepper and parsley and simmer another 20 minutes. Toss with the linguine, and serve. Enjoy with crusty bread like ciabatta.

Exchanges per serving

1 Lean Meat, 2 Starches, 2 Vegetables, 1 Fruit

Nutrients per serving

Calories: 351

Calories from fat: 27

Total Fat: 3g

Cholesterol: 8mg

Total Carbohydrate: 62g

Sodium: 268mg

Dietary Fiber: 4g

Protein: 12g