LINGUINE WITH CLAM SAUCE

Prep Time: 5 minutes
Cooking Time: 10 minutes
Makes 2 – 4 servings

Ingredients
180 g (6 oz.) uncooked whole-wheat linguine or spaghetti noodles (half of a 375 g box)
10 mL (2 tsp.) olive oil
2 cloves garlic, minced
2 whole tomatoes, cored and chopped OR
400 g can cherry tomatoes, drained
250 mL (1 cup) bottled or canned crushed tomatoes
2 mL (½ tsp.) red pepper flakes
5 mL (1 tsp) garlic powder
1 can (284 g) whole baby clams, drained

Directions
Cook linguine in boiling water according to package directions.
Meanwhile, heat oil in a large skillet over medium-high heat; add garlic. Cook and stir 1 minute.
Stir in fresh tomatoes; cook 2 minutes or until softened (if using canned cherry tomatoes, add and break up pieces with the back of a large spoon). Add crushed tomatoes, red pepper flakes and garlic powder; cook 2 more minutes.
Add clams, stirring until heated through.
Serve cooked spaghetti noodles topped with clam sauce. Season with salt, pepper, and more red pepper flakes as desired.

Tip: 180g/6 oz. uncooked pasta (spaghetti, fettuccine, linguine or angel hair pasta) will yield about 3 cups cooked pasta. If you need to estimate: 6 oz/180 g of pasta noodles is about the diameter of a “toonie”.

Clams are an excellent source of iron (even better than beef or liver) and are a good source of healthy omega 3 fats!


✓ Budget-Friendly
✓ Quick & Easy
✓ Iron-rich
✓ Source of omega 3 fats
✓ High-fibre