

Really Easy Clam Sauce

Servings: ~6

Ingredients:

- 9 ounces whole wheat spaghetti
- 3 cans (6.5 ounce) chopped or minced clams, with liquid
- 3 Tbl. olive oil
- 8 cloves of garlic, minced
- 1 cup of parsley, chopped

Directions:

1. Cook spaghetti following package directions.
2. Heat olive oil in a large skillet over medium heat. Add garlic and cook 2- to 3-minutes.
3. Add clams (with liquid) and parsley and bring to boil. Turn down to simmer and cover for about 5-minutes or until parsley is wilted.
4. Serve immediately. Enjoy!

Nutrition: (Serving size: a scant ½ cup of clam sauce over 1 cup spaghetti)

calories: 264 *protein:* 15.4g *total carbohydrate:* 36g *total fat:* 7.7g
sugars: 1.7g *sodium:* 782mg *dietary fiber:* 5.8g *saturated fat:* 1g