

Clam Pasta

Preparation time	15 minutes
Cooking time	25 minutes
Servings	5-6
Cost per serving	\$2.32
Storage	2 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups, cutting board, sharp knife, large pot, can opener,

wooden spoon.

small bowl, large bowl, colander,



Ingredients







THAW IN THE MICROWAVE FOR I MINUTE AND PRESS WITH A FORK TO GET RID OF THE EXCESS WATER.

2 **tomatoes**, diced

6 **frozen spinach** nuggets, thawed and drained (about 250 ml/1 cup) Thaw



2 cans (142 g) **clams**



80 ml (½ cup) canola oil



6 **garlic** cloves, peeled and minced



Salt, pepper and Tabasco-style **hot sauce**, to taste

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Balanced plate

Serve with:

- ? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage



Directions

In a large pot over high heat, bring **salted water** to a boil. Add **spaghetti** and cook as indicated on the package.



Place the colander over a small bowl and drain the **clams**. Set the **clam juice** aside.



In a large bowl, combine diced tomatoes, spinach, clams and pepper.



Once the **spaghetti** is cooked, drain and leave in the colander.



Add the **oil** and **garlic** to the same pot used to cook the spaghetti and cook over medium heat for about 1 minute.



Stir in the clam mixture and 80 ml (1/3 cup) of clam juice.



Add the **spaghetti**, **salt**, **pepper** and **hot sauce**. Mix together. **Variation:** For extra flavour add some lemon zest and juice.



My rating: ★ ★ ★

This original recipe was developed by Extenso -The Université de Montréal reference centre on human nutrition







