

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, small bowl, large bowl, colander, wooden spoon.



Ingredients



1 box (450-500 g) uncooked **spaghetti**



2 **tomatoes**, diced

THIS RECIPE CAN BE PREPARED WITHOUT TOMATOES OR WITH A HALF A CAN OF DICED TOMATOES, DRAINED.



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

THAW IN THE MICROWAVE FOR 1 MINUTE AND PRESS WITH A FORK TO GET RID OF THE EXCESS WATER.



2 cans (142 g) **clams**

OR NORTHERN SHRIMP OR LEFTOVER COOKED FISH



80 ml (1/3 cup) **canola oil**

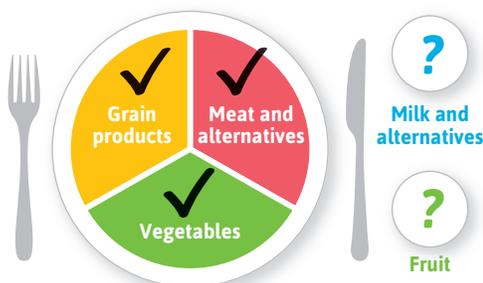


6 **garlic** cloves, peeled and minced



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

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

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

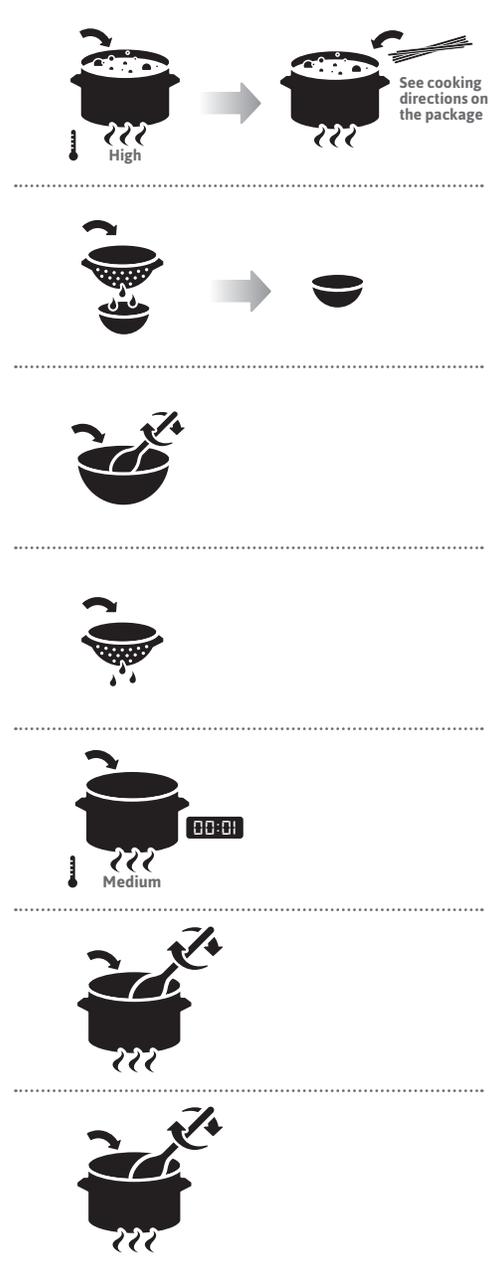
- 3 In a large bowl, combine **diced tomatoes, spinach, clams** and **pepper**.

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

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

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

- 7 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