

HEALTHY CLAM LINGUINE

PREP TIME

5 MINS

COOK TIME

10 MINS

SERVINGS

2 - 3

INGREDIENTS

4 OZ DRY LINGUINE
1 TSP OLIVE OIL OR 3-SEC OLIVE OIL SPRAY
4 CLOVES OF GARLIC, DICED
2 SHALLOTS, THINLY SLICED
2 6.5-OZ CANS OF CHOPPED CLAMS, DRAINED

SEASONINGS FOR YOUR TASTE BUDS:

RED CHILI FLAKES
SALT
PEPPER
OREGANO
LEMON JUICE
PARMESAN CHEESE/NUTRITIONAL YEAST(OPTIONAL)

INSTRUCTIONS

1. IN A PAN, HEAT UP OLIVE OIL/OIL SPRAY. ADD SHALLOTS AND GARLIC, COOK AND STIR FREQUENTLY UNTIL THE SHALLOTS ARE TRANSLUCENT AND GARLIC IS FRAGRANT (3 MINS).
 2. ADD CLAMS TO THE PAN AND COOK (2-3 MINS).
 3. ADD 1/2 CUP WATER TO THE PAN, SEASON WITH SALT, PEPPER, AND RED CHILI FLAKES, MIX TOGETHER AND SET ASIDE.
 4. IN A POT, BRING WATER TO BOIL AND COOK LINGUINE 7-10 MINS TO AL DENTE.
 5. DRAIN THE PASTA, RUN COLD WATER OVER IT TO PREVENT IT FROM STICKING.
 6. ADD THE COOKED PASTA TO YOUR PAN OF CLAM MIXTURE.
 7. ADD JUICE OF HALF A LEMON.
 8. SEASON TO YOUR LIKING, SERVE AND ENJOY!
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