

Clam Fritters

Mildred Adams

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Servings: 6

1 pint clams

3/4 cup flour

1/2 teaspoon salt

1 egg

1 teaspoon baking powder

Drain the clams. Chop fine. Place in a bowl.

In a bowl, sift together the flour, salt and baking powder. Add to the clams. Add enough water to make the batter a medium consistency.

In a skillet, drop the batter by teaspoonfuls into hot oil. Fry about 3 minutes or until golden brown.

Drain on paper towels.

Per Serving (excluding unknown items): 128 Calories; 2g Fat (12.7% calories from fat); 13g Protein; 14g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 315mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.