

Sweet Corn and Chorizo Sausage Stuffed Clams

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Servings: 4

24 to 30 medium-sized live clams, rinsed

1 cup yellow corn meal

1/4 cup jack cheese, shredded

1 link chorizo sausage, diced small

1 red bell pepper, diced small

1 cup corn kernels

1 small onion, diced small

1/4 cup fresh cilantro, chopped

1 egg

1 teaspoon chili powder

oil (for cooking)

sea salt (to taste)

fresh ground pepper (to taste)

Fill a medium-sized stock pot halfway with water.

Place the stock pot on the stove over medium-high heat and bring to a boil. Lightly salt the water in the stock pot. When a boil is reached, add the live clams to the pot. Cook the clams until they just begin to open. Drain the clams in a colander; run cold water over them until they are cooled off. Discard any unopened clams. Let the clams drain well and place them in the refrigerator until later.

Preheat a medium saute' pan over medium heat.

Add one tablespoon of oil to the preheated pan. Cook the onions and chorizo until the onions are translucent and the chorizo is golden brown.

Add the bell pepper, corn and chili powder to the pan. Continue to cook for 2 to 3 minutes.

Season the ingredients in the pan lightly with salt and pepper. Remove the ingredients from the heat and add them to a medium-sized mixing bowl. To the mixing bowl, add the cornmeal, cheese, cilantro, egg and 1/4 cup of water. Mix the ingredients thoroughly; add a little more water if necessary so the stuffing is moist.

Preheat the oven to 375 degrees. Remove the cooked clams from the refrigerator. Open each shell the rest of the way so they can be stuffed. Place an even amount of stuffing in each shell. Place the stuffed shell in a baking dish. Place the baking dish of stuffed clams on the center rack of the oven. Bake the clams for 7 to 12 minutes or until heated throughout. Remove the clams from the oven and serve immediately.

Per Serving (excluding unknown items): 72 Calories; 2g Fat (18.4% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 28mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	72	Vitamin B6 (mg):	.2mg
% Calories from Fat:	18.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	64.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	32mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	53mg	% Refuse:	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	28mg	Vegetable:	1/2
Potassium (mg):	190mg	Fruit:	0
Calcium (mg):	19mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	60mg		
Vitamin A (i.u.):	2040IU		
Vitamin A (r.e.):	215 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	72	Calories from Fat:	13
% Daily Values*			
Total Fat	2g		2%
Saturated Fat	trace		2%
Cholesterol	53mg		18%
Sodium	28mg		1%
Total Carbohydrates	13g		4%
Dietary Fiber	2g		9%
Protein	3g		
Vitamin A			41%
Vitamin C			101%
Calcium			2%
Iron			4%

* Percent Daily Values are based on a 2000 calorie diet.