

Sweet Corn and Chorizo Sausage Stuffed Florida Clams

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Servings: 6

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 pot on the stove over medium-high heat. 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 start 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 refrigerator until later.

Preheat a medium saute' pan over medium heat.

Add one tablespoon of oil to the preheated pan. Add the diced onions and chorizo sausage to the pan. Cook the onion 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 transfer them to a medium-sized mixing bowl.

Add the cornmeal, cheese, cilantro, egg and 1/4 cup of water to the bowl. Mix the ingredients thoroughly. Add a little more water if necessary so that 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 shells in a baking dish. Place the baking dish 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): 48 Calories; 1g Fat (18.4% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 19mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	48	Vitamin B6 (mg):	.1mg
% Calories from Fat:	18.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	64.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	21mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	35mg	% Refuse:	0 0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	19mg	Vegetable:	1/2
Potassium (mg):	127mg	Fruit:	0
Calcium (mg):	13mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	40mg		
Vitamin A (i.u.):	1360IU		
Vitamin A (r.e.):	143 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 48 **Calories from Fat:** 9

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	35mg	12%
Sodium	19mg	1%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	6%
Protein	2g	
Vitamin A		27%
Vitamin C		67%
Calcium		1%
Iron		2%

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