
Linguini with Clams

Rose Graham

Nettles Island Cooking in Paradise - 2014

Servings: 4

4 tablespoons oil
1 large onion, chopped
4 cloves garlic, minced
1 can (8 ounce) minced clams with juice
1 tablespoon chopped parsley
1/2 teaspoon pepper
1/4 teaspoon dried oregano
3 cups clam juice
1/2 cup white wine
1 pound linguini, cooked
1/2 cup Romano cheese
1/8 to 1/4 teaspoon red pepper flakes

In a skillet, saute' the onion and garlic in oil until transparent. Add the clams with juice, parsley, pepper and oregano. Add the bottled clam juice and wine. Reduce the mixture by 1/4 cup.

Toss the linguini with cheese and clam sauce.

Garnish with the red pepper flakes.

Serve.

Pasta

Per Serving (excluding unknown items): 632 Calories; 19g Fat (28.5% calories from fat); 20g Protein; 89g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 179mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.