

Joe's Spaghetti With Clam Sauce

2 cloves garlic, minced
2 tablespoons olive oil
1 7-oz. can clams with liquid
1/2 teaspoon oregano
1/2 teaspoon basil
2 cups broccoli florets, steamed until tender-crisp (optional)
8 oz. eggless spaghetti
Parmesan cheese, grated

1. Cook garlic in olive oil until golden. Add clams with liquid, oregano, basil, and broccoli (if using).
2. Cook spaghetti according to package directions, omitting salt; drain. Pour sauce over cooked spaghetti and toss to mix. Sprinkle lightly with Parmesan cheese.

Serves 3-4.

Per serving: 305 calories, 4 gm fat, 40 mg cholesterol, 0 gm fiber, 119 mg sodium.

Source: *Cooking For A Healthier Ever After*, by Susan Stevens, R.D.,
HealthMark Centers of Colorado

Comments: This is a good meal to fix when we're low on fresh stuff. It's good without the broccoli, but more nutritious and also better tasting with the broccoli. It's fairly quick to prepare and I like to fix this when we've been traveling and arrive late in the anchorage, especially in cold weather cruising.