



Easy Clam Linguine

Prep Time: 10 Min **Cook Time:** 15 Min

Total Time: 25 Min

Serves 6

Ingredients

- 1 box Dreamfields linguine
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1/2 cup dry white wine
- 2 cans (6 1/2-ounces each) minced clams, undrained
- salt
- Crushed red pepper flakes
- Chopped parsley (optional)

Instructions

- 1 Cook pasta according to package directions
- 2 Meanwhile, heat oil in medium skillet over medium heat
- 3 Add garlic; cook 1 minute, add wine
- 4 Increase heat to high and cook 2 minutes
- 5 Turn off heat; stir in clams
- 6 Drain pasta, add to skillet with clam mixture, toss gently
- 7 Season to taste with salt and red pepper flakes
- 8 Garnish with chopped parsley, if desired
- 9 Serve immediately

Notes

- Calories: 312
- Total Carbs: 9 g digestible carbs
- Dietary Fiber: 5 g
- Total Fat: 4 g
- Saturated fat: 0.4 g
- Protein: 21 g
- Sodium: 99 mg