



Low-Fat Red Clam Sauce with Angel Hair

This low-fat clam recipe uses clam broth as a clam base for the sauce. Serves 4-6

- 2 cups chopped clams fresh, frozen, or canned*
- 1 envelope St. Ours Clam Broth
- ¼ cup extra virgin olive oil
- 1 large bulb garlic
- 1 cup crushed tomato
- ½ tsp sea salt to taste
- 1 lb angel hair pasta
- ½ cup fresh Italian parsley, chopped

Steam fresh clams for 5 minutes, throw out any that do not open. Remove clams from shells, chop the meat, set aside. Dissolve St. Ours Clam Broth in ½ cup of the clam water, set aside. Add the olive oil to a saucepan, heat medium high, until shimmering. Add garlic stirring, cook 1 minute, do not brown. Add tomato and St. Ours Clam Broth, bring to a boil, cook 5 minutes. Stir in the clams, bring to a boil then reduce heat to simmer. In a separate pot, boil the pasta to al dente, drain. Add to simmering sauce with parsley, stir until coated.

*For frozen clam meat thaw 2 cups or use 4-6.5 oz cans of clams, drained. To use fresh clams see our "About Clams" tab.