



CLAMS WITH CHERRY TOMATOES

Adapted from Cooking Light

Ingredients

- 2 tablespoons olive oil
- 1 pint cherry tomatoes
- 2 garlic cloves, minced
- ¼ cup dry white wine
- 2 pounds littleneck clams, rinsed and scrubbed under water to remove any grit
- 1 lemon, sliced into thin rounds
- ½ cup chopped fresh parsley
- 8 baguette slices (about 1-inch thick)

Instructions

In a large saucepan, heat the oil on medium heat and add the cherry tomatoes. Sauté until lightly browned, stirring the tomatoes occasionally (about 5 minutes).

Add the garlic, wine, clams, and half the lemon slices. Stir to combine all ingredients. Cover and cook for 5 to 10 minutes (until all the shells open).

Discard any unopened shells. Sprinkle with parsley and remaining lemon slices. Serve with bread slices.

Notes:

- When purchasing clams, keep the bag with the clams open and be sure to refrigerate them when you get home.
- Before cooking, discard any clams with open shells.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 290

PROTEIN: 13 grams

SODIUM: 500 milligrams

CARBOHYDRATE: 39 grams

FIBER: 3 grams

FAT: 8 grams

SATURATED FAT: 1 grams

