

Fettuccine with clams, basil, tomato, corn and garlic

Serves 6 @ 6 points, 8 points plus

Ingredients:

10 ounces uncooked fettuccine

2 tablespoons minced garlic

2 large tomatoes, seeded and chopped

2 cups corn kernels, fresh or frozen

1/2 cup white wine

1 tablespoon olive oil

4 tablespoons chopped fresh basil

2 cans (4 ounces each) clams, drained

1/4 teaspoon salt

Ground black pepper, to taste

1 tsp red pepper Flakes (optional)

Directions Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 8 minutes, or according to the package directions. Drain the pasta thoroughly. In a large saucepan, add the garlic, tomatoes, corn, wine, olive oil and basil. Cover and bring to a boil, stirring frequently. Reduce heat and add the clams and pasta. Toss gently to coat. Season with salt and pepper and serve immediately.

Nutritional Analysis(per serving) Calories 320 Cholesterol 25 mg Protein 18 g Sodium 150 mg Carbohydrate 50 g Fiber 2 g Total fat 4 g Potassium 418 mg Saturated fat < 1 g Calcium 51 mg Monounsaturated fat 2 g

