

# Linguini with Clam Sauce

Let's enjoy a seafood pasta tonight. I like to use whole wheat, or quinoa linguini when available. Use whatever pasta you can find. Spaghetti will also work. This pasta is really all about the sauce.

A yogurt-based white sauce keeps the fat content in this pasta manageable while still providing the taste of a delicious "cream" sauce. The flavors of garlic, white wine, fresh thyme and parsley bring the clam flavors forward in this plate of pasta perfection.

If you have young diners who aren't sure about clams, set aside half the sauce and substitute some plant-based Chik'n or poultry for the clams. **Preparation Time: 40 mins. - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Organize and prep all items and set them aside on plates or in bowls. Prepare 4 cloves chopped garlic for this recipe: 2 cloves in the Basic White Sauce, 1 clove in Salad Dressing and 1 clove in the Linguini with Clam Sauce.

### Basic White Sauce

1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
1/2 C. white wine  
1/2 C. yellow onion (chopped)  
1/2 C. fresh fennel (finely chopped)  
1 C. low-sodium veggie broth  
1/2 C. nonfat milk  
1 bay leaf  
1 tsp. dried oregano  
1 tsp. dried basil  
dash of Tabasco

2 T. cornstarch  
dissolved in  
1/3 C. water

1 tsp. fresh thyme leaves  
2 T. fresh lemon juice  
2 T. shredded Parmesan

### Salad, Honey Mustard Dressing

#### Fixings for a Green Salad

#### Honey Mustard Dressing:

1 clove garlic (smashed and chopped)  
1/4 C. yellow onion (finely chopped)  
2 tsp. prepared mustard  
Pinch of salt  
1 tsp. honey  
2 T. good olive oil  
2 T. rice wine vinegar  
1/3 C. low-sodium vegetable broth

### Linguini with Clam Sauce

4 oz. dry linguini or spaghetti  
1 tsp. olive oil  
12 cremini mushrooms (washed and sliced)  
1 clove garlic (smashed and chopped)  
2 tsp. olive oil  
3/4 C. yellow onion (sliced)  
3/4 C. red bell pepper (chopped)  
1-1/3 C. basic white sauce  
one 6 oz. can chopped clams (with juice)  
1/4 C. fresh parsley (chopped)  
1/2 C. plain, nonfat yogurt  
1 green onion (chop bulb and stem)  
3 T. shredded Parmesan cheese



## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by making the salad and Honey Mustard Dressing. It's nice to be able to sit right down to dine once the pasta is finished. After making salads continue with instructions below.

### Basic White Sauce

1. Lightly brown garlic in oil in a medium sauté pan. Add white wine and boil for 2 minutes.
2. Add onion and fennel and continue boiling for 3 more minutes. Add veggie broth, milk, bay leaf, oregano, basil and Tabasco. Return to a boil and cook 5 minutes.
3. Thicken with cornstarch mixture. Reduce heat to medium-low and cook another 5-minutes over low heat.
4. Stir in fresh thyme and lemon juice. Stir in shredded Parmesan and let stand.

### Linguini with Clam Sauce

When pasta water boils, stir in pasta, return to a boil and cook 8-10 minutes, or to desired tenderness. Drain and rinse pasta.

1. Brown prepped mushrooms in olive oil. When browned, sprinkle chopped garlic into the pan. Toss until garlic becomes fragrant. Remove from pan and set aside.
2. Heat additional oil in the same pan until it begins to shimmer. Add onions and red peppers. Toss over medium-high heat until onions start to brown.
3. Measure 1-1/3 C. thickened white sauce into sauté pan with seared peppers and onion. Add clams (with juice) to sauce. Allow to simmer 5 minutes.
4. Return mushrooms to pan. Return to a boil.
5. Gently fold yogurt into cream sauce. Remove pan from heat.

### Plate the Meal

Ladle 2/3 C. clam sauce and vegetables into shallow pasta bowls or onto plates. Swirl 2 C. pasta per serving over sauce. Drizzle another 2 T. sauce over each serving.

Garnish with chopped green onion and shredded Parmesan.

Serve salad and dressing on the side.

\* Save unused white sauce for Friday night.

### What I've Learned from this Recipe

Note that you added the fresh thyme to the sauce late in the cooking process. When using fresh herbs, it's important to cook them only long enough to release their flavor. When cooked too long, the flavor tends to fade.

Let us know what you think, and add your comments. [chezdon@plate6.com](mailto:chezdon@plate6.com)