



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Clams with Cherry Tomatoes

Adapted from *Cooking Light*

2 tbsp 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 large 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 5-10 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, as closing it will suffocate them. (Be sure to refrigerate them as soon as you get home.)

-Before cooking, discard any clams with open shells.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 290 calories

PROTEIN: 13 g

SODIUM: 500 mg

CARBOHYDRATE: 39 g

FIBER: 3 g

FAT: 8 g

SAT FAT: 1 g