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| LINGUINE AND WHITE CLAM SAUCE |  |
| 2 (6 1/2 oz.) cans minced clams 1/3 c. chopped onion 3 cloves garlic, minced 2 tbsp. olive oil 2 tbsp. flour or Wondra (optional) 1 c. dry white wine 1/2 tsp. fresh basil, minced 1/4 tsp. dried oregano Dash of ground red pepper 1 tbsp. tomato paste 8 oz. linguine 1/2 c. sliced mushrooms  ***Sauce:***  Drain clams; reserve 1/2 cup liquid. Sauté onions and garlic in olive oil until onions are slightly colored. Add reserved clam liquid, wine, oregano, and red pepper; stir in flour and tomato paste.  Simmer for 5 minutes.  Cook linguine according to package directions; drain well. Add clams and mushrooms to sauce and simmer 2 minutes. Add sauce to linguine and mix well. Serve while hot.  Makes 4 low fat servings. | |