

## **Cauliflower & Clams in Parsley Broth**

Serves 4

From Clean Eating Magazine October 2011

8 oz. whole wheat thin spaghetti  
2 tsp olive oil  
¼ cup chopped shallots  
4 garlic cloves minced  
3 cups fresh cauliflower florets  
2 cups low sodium chicken or vegetable broth  
36 small littleneck clams (about 3.5 pounds) scrubbed well  
½ cup chopped fresh Italian flat-leaf parsley  
Salt and pepper to taste

Note: Discard clams that gape open when raw and remain open when tapped

Cook spaghetti according to package directions and drain  
In a large skillet heat oil over medium-high heat  
Add shallots and garlic and cook until soft, about 2 minutes  
Add cauliflower and broth and bring to simmer  
Add clams, cover, and cook for 5 minutes until clams open (discard clams that do not open)  
Add spaghetti to skillet, add parsley to skillet, mix well for about 1 minute more until hot  
Season with salt and pepper to taste

Per serving:  
350 calories  
5 g fat  
1 g sat fat  
54 g carbohydrates  
27 g protein  
35 mg cholesterol  
160 mg sodium

**Nutrisense Inc. 373 Route 111 Smithtown NY 11787 631 979-6699**