



Linguine with Spicy Red Clam Sauce

Recipe Source: www.cookinglight.com

Serves 4

Ingredients:

- 1 (9-ounce) package linguine
- 1 TBSP olive oil
- ½ cup chopped onion
- 1 TBSP bottled minced garlic (or 3 fresh garlic cloves)
- ½ tsp crushed red pepper
- 2 TBSP tomato paste
- 1 (14.5 ounce) can no-salt added diced tomatoes, un-drained.
- 2 TBSP chopped fresh parsley
- 1 TBSP chopped fresh basil
- 1 TBSP chopped fresh oregano

Steps:

- Cook pasta according to package directions, omitting salt and fat. Drain.
- Heat olive oil in a large non-stick skillet over medium-high heat. Add onion, garlic, and crushed red pepper to pan; sauté 3 minutes or until onion is lightly browned. Stir in tomato paste and tomatoes; cook 4 minutes or until thick, stirring constantly. Stir in clams; cook 2 minutes or until thoroughly heated.
- Remove from heat. Stir in parsley, basil, and oregano. Serve with pasta.

Tips from the Test Kitchen: If you prefer using dried herbs, use 2 tsp parsley, 1 tsp basil and 1 tsp oregano.