

Make Family Meal Favorites with Canned Clams

If family-friendly meals like pizza and pasta are preferred in your home, try adding a can of clams to boost the nutrition and traditional Italian-American flair. Spaghetti and red sauce with clams is generally considered a timeless dish. Canned clams are already perfectly cooked, so adding them to favorite meals helps get dinner on the table quickly.

The Dietary Guidelines recommend getting at least two servings of a variety of seafood per week for better health.¹ Most Americans fall short of this amount. Canned clams are a budget-friendly seafood that contains essential nutrients:

- **Omega-3 fats** – Even low-fat shellfish are a source of these heart-healthy fats. A 3-ounce serving contains about 240 milligrams of omega-3 fatty acids.²
- **Potassium** – Helps counter the effects of sodium in the diet. A 3-ounce serving has about 125 milligrams.
- **Protein** – Builds and maintains muscle mass. A 3-ounce serving has about 11 grams of high-quality protein for only about 60 calories.

Popular on restaurant menus, clams are making their way to the family dinner table thanks to the pleasantly saline taste of this sustainable seafood. Canned clams taste sweet and salty at the same time. Adding a can of tender clams to much-loved Italian-American dishes is an easy way to eat more seafood. Try these modern takes on the classics:

Scrumptious soup – Minestrone soup is brimming full of beans, oregano, colorful veggies and petite shapes of pasta. Add canned clams along with the deliciously-briny canned clam liquid to replace some of the salty traditional broth. Top with a sprinkle of Parmigiano Reggiano cheese.

Flavorful layers of lasagna – Swap meat out of your favorite lasagna recipe and replace it with a can or two of canned clams. Bulk up this hot dish with spinach and shredded carrots and zucchini.

Homemade pizza in a snap – Start with pre-made naan or flatbread, or stop by the deli case for fresh whole wheat pizza dough. Make white clam pizza by topping the bread with a small drizzle of olive oil, canned clams, scallions, Italian herbs and mozzarella cheese. Bake up happiness.



¹U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. <http://health.gov/dietaryguidelines/2015/guidelines/>

²Omega-3 Fats and Seafood. <https://www.hsph.harvard.edu/nutritionsource/omega-3-fats-and-seafood/>

Canned Clams *continued*

White Clam Flatbread with Herbs

Ingredients:

- 1 tablespoon unsalted butter
- 1 garlic clove, minced
- 1 tablespoon flour
- 3/4 cup low-fat milk, warmed to room temperature
- 1/2 cup grated Parmigiano Reggiano cheese
- Ground black pepper to taste
- 4 pieces pita bread
- 1 (10-ounce) can Chicken of the Sea® Whole Baby Clams, rinsed and drained
- 1 cup shredded low-fat mozzarella cheese
- 1 teaspoon Herbes de Provence
- 4 slices turkey bacon, cooked and crumbled

Directions:

1. Preheat oven to 475° F. Cover a baking sheet with parchment paper and set aside.
2. Place butter in a small saucepan over medium heat. Add garlic and cook, stirring constantly, for 1 minute.

**TOTAL TIME:
25 MINUTES**

**SERVINGS:
4**

NUTRITION:

Calories 430
Fat 21g
Protein 38g
Carbs 24g
Sodium 900mg
Sugar 3g



Recipe provided by Chicken of the Sea®

3. Add flour and cook, whisking constantly for 1 minute. Add milk slowly, whisking constantly to keep lumps from forming, and cook until mixture has thickened slightly. Remove from heat and stir in cheese. Season with pepper.
4. Spread sauce over pita. Arrange clams over sauce. Sprinkle the mozzarella, Herbes de Provence and bacon over the top and bake until cheese is bubbly, about 8 minutes. Remove from heat and serve immediately.

Clam Linguine

Ingredients:

- 1 pound linguine noodles, preferably whole grain
- 3 tablespoons butter
- 3 tablespoons olive oil
- 1 small onion, diced
- 4 tablespoons minced garlic
- 1 teaspoon red pepper flakes
- 1 tablespoon lemon juice
- 1 tablespoon seafood seasoning
- 1 teaspoon oregano
- 1 teaspoon basil
- 3 (6-ounce) cans Chicken of the Sea® Minced or Chopped Clams, with juice
- 1/4 cup shredded Parmigiano Reggiano cheese

**TOTAL TIME:
20 MINUTES**

**SERVINGS:
8**

NUTRITION:

Calories 330
Fat 10g
Protein 13g
Carbs 46g
Sodium 670mg
Sugar 3g



Recipe provided by Chicken of the Sea®

Directions:

1. In a large pot, heat water to a boil and cook the pasta until al dente.
2. While the pasta is cooking, heat the butter and olive oil in a large saucepan over medium-high heat. Sauté the onion, garlic, and then add the red pepper flakes.
3. Add the lemon juice, seafood seasoning, oregano, and basil to the onion mixture and cook for two minutes, stirring occasionally.

4. Add the clams and the juice from the can to the mixture and simmer for 5 minutes.
5. Drain the pasta and place in a serving dish. Pour the clam sauce over the pasta and toss well; top with cheese. Serve immediately.