



Lower Calorie White Clam Sauce



- 3 - 6.5 oz cans **LaMonica Chopped Sea Clams**, drained, reserving juice
- 1 Cup **LaMonica Sea Clam Juice**
- 2 ½ Teaspoons Olive Oil
- 1 ½ Cups Dry White Wine
- 5 Cloves Garlic, minced
- ¼ Teaspoon Red Pepper flakes
- 1 Cup Parsley, minced

Drain Clams, reserving Juice.

Sauté garlic and red pepper flakes in olive oil until garlic is brown. Add Juice and Wine. Mix in parsley and simmer for 5 minutes. Add Clams and turn off heat. Serve over pasta.