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Spaghetti with Clams & Corn

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

- 6 ounce(s) pasta, spaghetti, whole wheat
- 2 tablespoon oil, olive, extra virgin
- 3 cup(s) onion(s), sweet, diced
- 1 teaspoon salt
- 1 cup(s) corn, whole kernel, (about 2 ears)
- 6 clove(s) garlic, minced
- 1/2 teaspoon thyme, dried
- 1/4 teaspoon pepper, black ground
- 1 tablespoon flour, all-purpose
- 2/3 cup(s) wine, dry white
- 1 pounds clam(s), minced, or chopped clam strips
- 1/2 cup(s) basil, fresh, chopped
- 1/2 cup(s) parsley, fresh, chopped
- 1 large lemon, cut into wedges



Preparation

1. Cook pasta in boiling water until just tender, about 8 minutes, or according to package directions. Reserve 1/4 cup of the cooking liquid; drain the pasta.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add onion and salt, stir to coat, and cook, stirring often, for 2 minutes. Cover, reduce heat to medium-low and cook, stirring occasionally, until very soft and just beginning to brown, 10 to 12 minutes.
3. Uncover, increase heat to medium-high, stir in corn, garlic, thyme and pepper, and cook, stirring, until fragrant, 30 seconds to 1 minute. Sprinkle flour over the vegetables; stir to coat. Stir in wine and bring to a simmer. Remove from the heat.
4. When the pasta is ready, return the pan to medium-high heat. Stir in the reserved cooking liquid and clams (and any juices). Simmer, stirring often, until the clams are cooked through, about 1 minute. Stir in the pasta, basil and parsley. Serve with lemon wedges.