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Linguini with Clam Sauce

- 12 Oz whole-wheat linguini
- 1 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp lemon juice
- 1 Cup low-sodium chicken broth
- 2 Cup canned whole clams, undrained
- 2 Tbsp fresh parsley, minced (or 2 tsp dried)
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 1 Tbsp butter

- 1) In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2) Add linguini, and cook according to package directions for the shortest recommended time, about 9 minutes.
- 3) Heat olive oil in a large saucepan. Add garlic, and cook gently until it begins to soften, about 30 seconds. Do not brown.
- 4) Add lemon juice and chicken broth. Bring to a boil.
- 5) Add clams, along with liquid, parsley, salt, pepper, and butter. Simmer just until heated through, about 1–2 minutes. Do not overcook.
- 6) Strain the linguini, then add the pasta to the saucepan with the clams and mix well.
- 7) Divide into four equal portions (each about 2½ cups), and serve.

Makes 4 Servings