

## Florida Clam Scampi with Fettuccine



- 4 tablespoons butter
- 2 tablespoons olive oil
- 4 Florida garlic cloves, minced
- 2 pounds Florida hard clams, rinsed well
- 1/2 cup fresh Florida parsley, chopped
- 2 teaspoons Florida lemon juice
- salt and pepper to taste
- 1/2 cup dry white wine
- 1/4 cup sun-dried tomatoes
- 1 large Florida tomato, diced
- 8 ounces spinach fettuccine, cooked

Melt butter with oil in medium skillet over medium heat. Add garlic; cook and stir 1 minute. Add clams, cook and stir 5 minutes. Add parsley, lemon juice, salt, pepper and wine. Cook 2 minutes, stirring occasionally, until clams open. Stir in tomatoes and serve over fettuccine.  
Yield: 4 servings

Nutritional Value Per Serving: Calories 313, Calories From Fat 122, Total Fat 14g, Saturated Fat 6g, Trans Fatty Acid 0, Cholesterol 35mg, Total Carbohydrate 33g, Protein 12g, Omega 3 Fatty Acid 0.10g

## Wine-Steamed Clams

- 2 dozen Florida littleneck clams, rinsed well
- 2 cups white wine
- 1 small Florida red onion, sliced
- 2 tablespoons Florida garlic, chopped
- 2 teaspoons fresh ginger, chopped
- 1 tablespoon fresh Florida cilantro, chopped
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 1/4 cup butter
- 1/4 cup Florida lemon juice

Place all ingredients except clams in a large sauce pan. Simmer on medium heat for 3 minutes; add clams and cover. Simmer until clams open, stirring frequently. Transfer clams to a large bowl. Boil remaining liquid until reduced to 1 cup. Pour broth over clams and serve.  
Yield: 4 servings

Nutritional Value Per Serving: Calories 241, Calories from Fat 104, Total Fat 12g, Saturated Fat 8g, Trans Fatty Acid 0, Cholesterol 48mg, Total Carbohydrates 8g, Protein 8g, Omega 3 Fatty Acid 0.08g



## Florida Clams Casino

- 4 slices lean bacon, chopped fine
- 1/2 cup Florida onion, chopped
- 1 large Florida garlic clove, minced
- 1/2 cup Florida red bell pepper, finely diced
- 1/2 cup Florida green bell pepper, finely diced
- 1/4 teaspoon dried oregano, crumbled
- 1 tablespoon olive oil
- 1 teaspoon wine vinegar
- 1 tablespoon Parmesan cheese, freshly grated
- 12 middleneck Florida clams, shucked (reserve bottom shells)
- rock salt for lining the pan and platter
- salt and pepper to taste

In a heavy skillet, cook chopped bacon over medium heat until browned. Remove to absorbent paper to drain. Wipe skillet clean. Over low heat, cook onion, garlic, bell peppers and oregano in olive oil until peppers are crisp-tender. Transfer the mixture to a small bowl. Stir in chopped bacon, vinegar, Parmesan cheese, salt and black pepper to taste. In a jellyroll pan filled with a layer of rock salt to balance the shells, arrange clam meat on the reserved shells. Top each clam with the bell pepper mixture. Bake in a preheated 400° F oven for 12 to 15 minutes until cooked through. Serve clams on a platter lined with a layer of rock salt. *Note: Bell pepper mixture may be made 1 day in advance and kept covered and chilled.*  
Yield: 2 servings as an appetizer

Nutritional Value Per Serving: Calories 528, Calories from Fat 390, Total Fat 42g, Saturated Fat 12g, Trans Fatty Acid 0, Cholesterol 84mg, Total Carbohydrates 12g, Protein 24g, Omega 3 Fatty Acid 0.36g



## Red Sunset Clam Chowder

- 2 bacon slices, cut into 1/2-inch squares
- 1/3 cup Florida onion, chopped
- 3 tablespoons green Florida bell pepper, diced
- 3 tablespoons Florida celery, diced
- 2/3 cup Florida potato, peeled and diced
- 1 8-oz bottle clam juice
- 1 cup canned, diced tomatoes, with juice
- 1 1/2 dozen littleneck Florida clams, rinsed well
- 2 tablespoons fresh Florida parsley, chopped
- salt and pepper to taste

Cook bacon in a 3-quart heavy saucepan over medium heat until golden. Reduce heat to low. Add onion, bell pepper, and celery and cook until softened, about 5 minutes. Stir in potato, clam juice, and tomatoes; cover and simmer 10 minutes. Add clams; cover and simmer 8 to 10 minutes, stirring occasionally, until clams open. Discard any clams not open after 10 minutes. Move pan off heat. Remove clams with tongs reserving a few clams in the shell for garnish. Detach clam meat from remaining shells and return meat to chowder. Stir in parsley, salt and pepper to taste.  
*Note: The chowder (without the clams and parsley) can be made 1 day ahead. Bring chowder to a simmer then add clams and proceed as directed.*  
Yield: 4 servings

Nutritional Value Per Serving: Calories 308, Calories from Fat 99, Total Fat 11g, Saturated Fat 3g, Trans Fatty Acid 0, Cholesterol 90mg, Total Carbohydrates 19g, Protein 33g, Omega 3 Fatty Acid 0.39g

