



**NEW EPISODES
MONDAYS
AT NOON EST**

“Low Fat/High Flavor”

Fettucini w/Clams, Basil, Tomato, Corn and Garlic

**10 oz uncooked fettuccine
2 tbsp minced garlic
2 large tomatoes, seeded and chopped
2 cups corn kernels, fresh or frozen
1/2 cup white wine
1 tbsp olive oil
4 tbsp chopped fresh basil
4 cans (4oz ea) clams, drained
1/4 tsp salt
Ground black pepper to taste**

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender) about 8 minutes or according to the package directions. Drain the pasta thoroughly. In a large saucepan, add the garlic, tomatoes, corn, wine, olives oil and basil. Cover and bring to a boil, stirring frequently. Reduce heat and add the clams and pasta. Toss gently to coat. Season with salt and pepper and serve immediately.

Sugar can enhance the sweetness of a tomato.