

Seafood Stew

INGREDIENTS:

1-2 tsp.	Olive oil
2 T	Chopped onion
2 ea.	Fresh garlic cloves, minced
dash	Crushed red pepper flakes
1/2 lb.	Fresh clams
4 ounces	Sea scallops
4 ounces	Medium shrimp, peeled and deveined
1/4 cup	clam juice
1/4 cup	Fresh Italian parsley, chopped
1 cup	Canned, diced tomatoes, undrained

DIRECTIONS:

Heat oil in a large sauce pan over medium high heat. Add, onion, garlic and red pepper and sauté for 2 minutes. Add clams, scallops and shrimp and sauté for 1 min. Stir in clam juice, parley and diced tomatoes; bring to a boil. Cover and reduce heat. Simmer for 10 minutes or until clam shells open. Serve in a large bowl.

Makes 2 servings
1 Serving = about 1 cup
Calories: 365 serving

NUTRITIONAL INFORMATION PER SERVING:

54 g protein
16 g carbohydrates
9 g fat
1 g fiber

Estimated Food Group Serving Equivalents: 7 lean meat, 1 bread starch, 1 fat