

Low Carb Zucchini with White Clam Sauce



Two cups of pasta equal about 400 calories (90 grams of carbs.)

Two cups of zucchini noodles have about 60 calories (12 grams of carbs.)

***If you still miss the pasta, another option is to mix the zoodles with regular pasta. Even doing this cuts your calories and carbs dramatically.*

Serves: 4

Ingredients:

- 2-10-ounce cans baby clams (whole)
- 1/4 cup olive oil
- 1/4 cup unsalted butter or margarine
- 2 – 3 cloves minced garlic
- 1/2 cup chopped onions
- 2 Tablespoons no sodium chicken broth
- 2 - 3 Tablespoons dried parsley
- 1/2 teaspoon lemon juice (optional)
- 1/4 teaspoon black pepper
- 4 – 5 large zucchinis, peeled, spiralized and prepared. (If carbs are not an issue you can serve over linguini (about half a box of linguini prepared))

Directions:

1. Drain clams and reserve about $\frac{3}{4}$ to 1 cup of the liquid in a measuring cup.
2. In a skillet, slowly heat the oil and butter.
3. Then add the garlic and onions.
4. Sauté until garlic begins to turn golden and onions become translucent.
5. Remove skillet from the heat.
6. Stir in clam liquid, parsley, lemon juice, chicken broth and pepper.
7. Bring to low boil.
8. Reduce heat and simmer uncovered for about 10 minutes.
9. Add clams and simmer for another 3 minutes.
10. Serve over prepared spiralized zucchini noodle (You can use prepared linguine if carbs are not an issue.)

Top with crushed red pepper, fresh chopped parsley, and/or grated Parmesan cheese.