

Clams al Mojo de Ajo (Clams with Garlic)

Featuring Clams

This clam dish with garlic and olive oil is simple and flavorful. Let this recipe for traditional clams with garlic transport you to the Caribbean, where this recipe originates. Serve it with cooked pasta or rice to make it a meal.

Ingredients:

3 tablespoons olive oil, divided
6 garlic cloves, peeled, chopped
1 cup white cooking wine (or vegetable broth)
2 pounds (about 50 small) clams in shell, fresh or frozen, thawed
1 lemon, juiced
1/2 cup fresh cilantro, chopped

Instructions:

- 1 In a large skillet, heat 1 tablespoon oil over low heat. Add garlic and cook for 1 minute.
- 2 Add cooking wine or broth and simmer for 2 minutes.
- 3 Add clams, cover pot, and cook over medium heat for 7 minutes, until clams start to open. Add remaining olive oil, lower heat, cover, and simmer for 3-5 minutes, until all clams are open (discard clams that do not open). Transfer to a large serving bowl and drizzle with lemon juice and sprinkle with cilantro.
- 4 May serve with pasta, rice, or a bed of roasted vegetables, if desired.

**Makes 4 servings,
about 12 clams each**

Prep Time: 10 min.
Cooking Time: 10 min.
Total Time: 20 min.

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Notes:

- 1 You may clean the clams by letting them soak in water for 20 minutes, then scrubbing them with a brush.

Nutritional information (per serving):

248 calories, 16 g total fat, 4 g saturated fat, 225 mg sodium, 7 g carbohydrate, 20 mg cholesterol, 1 g total sugar, 1 g fiber, 11 g protein