



Maine Fishermen's Forum 2011
"Healthy Heart, Healthy Start!"
Making healthy substitutions that you can live with



CLAM CHOWDER

Serves: 3-4

12 oz clams, chopped, rinsed

2 teaspoons canola oil

4 slices bacon, chopped

1 medium onion, chopped

2 stalks celery, chopped

½ cup flour

2 teaspoons chopped fresh thyme, or 1 tsp dried

1 medium red bliss potato, diced

1 8-ounce bottle clam juice

2-3 bay leaf

3 ½ cups Fat Free Half and Half

Optional: chopped dill to taste

- ❑ Heat oil in a large saucepan over medium heat. Add chopped bacon and cook until crispy, 4 to 6 minutes. Transfer the cooked bacon to a paper towel-lined plate with a slotted spoon.
- ❑ Add onion, celery and thyme to the pan; cook, stirring, until they begin to soften, about 3-4 minutes; then add back the reserved bacon back to mixture..
- ❑ Add potato, clam juice and bay leaf. Bring to a simmer, cover and cook until the vegetables are just tender, 8 to 10 minutes.
- ❑ While vegetables are cooking down, whisk half and half and flour in a medium bowl.
- ❑ Add half and half mixture to the pan and return to a simmer, stirring, over medium-high heat. Cook, stirring, until thickened, about 5 minutes.
- ❑ Add clams and cook, stirring occasionally, until the clams are just cooked through, about 3-5 minutes more. If desired, add dill to taste.
- ❑ Season with salt, white pepper and dill to taste. To serve, discard bay leaves. Ladle into bowls.





SHRIMP & ASPARAGUS ALFREDO

Serves 3-4

8 oz. uncooked whole wheat fettuccini or other dry pasta (about 2oz dry per person)

1 1/2 tablespoons butter — melted

3 garlic cloves — pressed

1 1/2 tablespoons all-purpose flour

2 cups skim or low fat milk

3 tablespoons light cream cheese

1/2 cup grated Parmesan cheese — (2 ounces)

2 tablespoons chopped fresh parsley

4-6 uncooked, peeled, deveined shrimp (31-40 count) per person cut into bite size pieces

1/2 lb asparagus, steamed, cut into 1"pieces

- Bring 4-6 quarts of water to a boil.
- When the water boils, add pasta to the water. Bring back to a low boil, then reduce heat slightly above a simmer and cook for 8-9 minutes or until pasta is done.
- Pour pasta into a colander and drain thoroughly (DO NOT RINSE).
- In a large saucepan, melt butter over low heat.
- Add garlic; cook and stir 30 seconds.
- Blend in flour; cook and stir minute.
- Gradually whisk in milk. Cook and stir until mixture comes to a boil and thickens. This takes several minutes
- Lower heat to low simmer, Stir in cheeses and parsley, continue stirring until cheeses melt. A whisk is good for blending in the cheeses into the milk mixture.
- Add shrimp and toss.
- When shrimp pink up, remove from heat, add cooked asparagus.
- Toss with fettuccine. Serve.

Note: The sauce freezes well. To Freeze, prior to adding pasta, allow to cool and ladle (sauce only) into 1 gallon Ziploc bag. Lay flat to freeze.





PENNE WITH SHRIMP AND HERBED CREAM SAUCE

Serves: 4-6

1lb whole wheat penne pasta

¼ cup Olive Oil

1lb shrimp, peeled and deveined

4 cloves garlic, minced

½ tsp salt, plus extra for seasoning

½ cup chopped fresh basil leaves

½ tsp freshly cracked pepper, plus extra for seasoning

1 15oz can whole tomatoes, drained, rough chopped

1/3 cup clam juice

½ cup chopped fresh flat leaf parsley

¼ tsp crushed red pepper flakes

1 cup white wine

1/3 cup clam juice

½ cup light cream

½ cup grated parmesan cheese

- ❑ Bring a large pot of salted water to a boil over high heat. Add the pasta, bring back to a boil, then reduce heat and simmer 7-9 minutes or until tender Drain the pasta and set aside.
- ❑ In a large skillet, heat the oil over medium-high heat.
- ❑ Add the shrimp, garlic, 1/2 teaspoon of salt, and 1/2 teaspoon of pepper.
- ❑ Cook, stirring frequently until the shrimp turn pink and are cooked through, about 3 minutes. Using a slotted spoon, remove the shrimp from the pan and set aside.
- ❑ Add the tomatoes, 1/4 cup basil, 1/4 cup parsley, and the red pepper flakes. Cook for 2 minutes, stirring constantly.
- ❑ Add the wine, clam juice, and cream. Bring the mixture to a boil.
- ❑ Reduce the heat to medium-low and simmer for 7 to 8 minutes until the sauce thickens.
- ❑ Add 1/4 cup of the Parmesan, the cooked shrimp, the cooked pasta, and the remaining herbs.
- ❑ Toss together until all ingredients are coated, then season, to taste, with salt and pepper.
- ❑ Transfer the pasta to a large serving bowl.
- ❑ Sprinkle with the remaining cheese and serve immediately.

