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

**Clam Chowder**

Serves: 3-4

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>12 oz clams, chopped, rinsed</td>
<td>2 teaspoons chopped fresh thyme, or 1 tsp dried</td>
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<td>2 teaspoons canola oil</td>
<td>1 medium red bliss potato, diced</td>
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<td>4 slices bacon, chopped</td>
<td>1 8-ounce bottle clam juice</td>
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<td>1 medium onion, chopped</td>
<td>2-3 bay leaf</td>
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<tr>
<td>2 stalks celery, chopped</td>
<td>3 ½ cups Fat Free Half and Half</td>
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<tr>
<td>½ cup flour</td>
<td>Optional: chopped dill to taste</td>
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- 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
½ 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

1 lb whole wheat penne pasta  
¼ cup Olive Oil  
1 lb 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 15 oz 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.