

# Tuna-Clam Spaghetti

*Kathy Inboden*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

## **Servings: 4**

*1 can (6-1/2 ounce) tuna,  
undrained*

*cooking oil*

*1/4 cup butter or margarine*

*2 to 4 cloves garlic, minced*

*1/3 cup chopped parsley*

*1 can (8 ounce) minced  
clams, undrained*

*salt*

*freshly ground pepper*

*8 ounces cooked spaghetti*

*Parmesan cheese*

Drain the tuna liquid into a cup. Add enough oil to measure 1/4 cup. Place the liquid in a saucepan with the butter. Heat.

Add the garlic and parsley. Cook for 3 to 4 minutes. Add the flaked tuna and clams, including the clam broth. Heat gently and season to taste with salt and pepper.

Toss with the hot cooked spaghetti. Top with Parmesan cheese.

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Per Serving (excluding unknown items): 247 Calories; 14g Fat (51.3% calories from fat); 13g Protein; 17g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 137mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.