

Lenten Fridays are Back!

An Easy, Yet Splendid Meal.

By John Rizzo

I remember learning in school that upon Marco Polo's return from China, he introduced pasta to Italy. It is now apparent that pasta was in Italy several centuries before Marco Polo's existence. Although, the exact origin of pasta is unclear, there is evidence that the Etruscans were dining on pasta as early as 400 B.C. It is likely that the Arabs introduced dried noodles to Sicily in the 8th century.

The word macaroni is derived from the Sicilian term for "making dough forcefully", for early pasta making was labor intensive and could take up to a full day to make. It wasn't until the 17th century in Naples that pasta cooked with tomatoes delighted the pallets of the Italians.

Linguini with white clam sauce

Yield 4

Linguini:	1 #
Onion, minced:	¼ Cup
Garlic, Minced:	1 TBL
Oregano:	2 tsp.
Red pepper flakes:	¼ tsp.
Olive Oil:	¼ Cup
Butter:	2 TBL
Chopped Clams:	2– 6 1/2 oz. cans with juice
Fresh Parsley Chopped:	3 TB
Chicken base (optional):	1 tsp <i>or</i> 1 cube chicken bouillon

In a large deep skillet heat the oil and butter; add the onion and sauté until soft and clear. Add the garlic, oregano and red pepper flakes. Sauté for an additional minute. Pour in the clams with juice and the chicken base (optional) and simmer for approximately ten minutes.

In the meantime, cook the linguini according to the package directions.

Toss the hot linguini in the clam sauce and place in a large serving bowl. Sprinkle with fresh parsley.