



CAJUN CLAM FRITTERS

1 can **Crown Prince Natural Boiled Baby Clams**

2/3 cup all-purpose flour

2 teaspoons Cajun seasoning

1 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon black pepper

1 egg

3 tablespoons 2% low fat milk

1/2 cup diced onion

oil for frying



In a medium bowl, combine flour, Cajun seasoning, baking powder, salt and pepper. Mix well and set aside. Drain clams reserving 2 tablespoons of juice. Set aside. In a small bowl, beat egg, milk and reserved clam juice. Add to the dry ingredients just until moistened. Add the clams and onion.

In a skillet or deep fryer, heat oil to 375°F. Drop batter by the tablespoon into oil. Fry for 2-3 minutes, turning occasionally until golden brown. Drain on paper towels and serve hot. *Yields 14-16 fritters. Serves 5.*

NOTE: Serve with tartar sauce and lemon wedges.

Per Serving: 112 Calories (13 Calories from Fat), 2g Fat, 8g Protein, 17g Carbohydrate, 72mg Cholesterol, 357mg Sodium