



friday

STEAMED MUSSELS IN TOMATO BROTH

1 teaspoon extra-virgin olive oil
4 cloves garlic, finely chopped
6 ripe plum tomatoes, cored and coarsely chopped
1 cup dry white wine
3 pounds mussels, scrubbed and debearded
2 teaspoons chopped fresh parsley

Warm oil in a large pot with tight fitting lid over low heat. Add garlic and cook, stirring, until golden, about 3 minutes. Add tomatoes, increase the heat to high and stir for 1 minute more. Pour in wine and bring to a boil.

Add mussels, cover and steam, occasionally giving the pan a vigorous shake, until all the mussels have opened, 3 to 4 minutes. Discard any that do not open. Transfer the mussels to a serving bowl. Spoon the broth over the mussels and sprinkle with parsley.

Serves 4
Active Time: 20m
Total Time: 30m

NUTRITION FACTS

Amount per serving:
Calories: 275
Total Fat: 6g
Saturated Fat: 1g
Monounsaturated Fat: 2g
Cholesterol: 64mg
Sodium: 427mg
Carbohydrates: 15g
Dietary Fiber: 1g
Total Sugars: N/A
Added Sugars: 0g
Protein: 28g
Potassium: 582mg