



Tomato Basil Mussels

U.S.

For the Mussels:

2 tsp	Olive Oil	10 mL
1/2 medium	Yellow Onion, finely diced	55 g
6 cloves	Garlic, sliced thin	18 g
2 lbs	Mussels	890 g
1 cup	Cherry Tomatoes, halved	113 g
1 cup	Dry White Wine	237 mL
1 cup	Cannellini Beans, canned, rinsed	113 g
1/8 tsp	Kosher Salt	0.6 g
To Taste	Black Pepper, fresh cracked	To Taste
1 tbsp	Butter	15 g
1/4 cup	Basil, chiffonade	15 g
2 tsp	Lemon zest	6 g

Metric

For the grilled bread:

1/2 each	Whole Wheat Baguette
1 tbsp	Olive Oil
1/8 tsp	Salt
1/8 tsp	Black Pepper

Preparation:

1. Gather all ingredients and equipment.
2. Clean mussels by pulling fuzzy beards from shell and soak in salted cold water until ready for use. Discard any that do not open.
3. Gather all ingredients and equipment; preheat grill to 350 °F / 180 °C
4. Slice the baguette on a bias into 1/2 inch pieces. Mix the oil with the salt and pepper and brush onto the baguette.
5. For the mussels: heat the olive oil in a large deep skillet over medium heat. Add the onion and sauté for 5 minutes.
6. In the same skillet, add the garlic and sauté for an additional minute on a low heat, making sure not to burn.
7. Turn off the heat, add in the butter and stir to incorporate. Cover to keep warm.
8. Grill the slices of baguettes on either side until golden brown, about 1 minute per side.
9. Divide the mussels into 4 bowls. Discard any mussels that did not open when cooking. Pour the broth over the mussels.
10. Serve the grilled bread with the mussels, and enjoy!

Nutrition Facts**Serving size** **1 cup**
Servings **4****Calories** 400
Calories from Fat 100

Total Fat	11 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	20 mg
Sodium	600 mg
Carbohydrates	52 g
Dietary Fiber	8 g
Sugars	7 g
Protein	17 g
Vitamin A	6 %
Calcium	15 %
Vitamin C	6 %
Iron	20 %
Phosphorus	126 mg

discard any mussels that do not close after having their shells tapped (may take a minute or two). These are
the bread slices.
or 3-5 minutes or until translucent.
do not burn garlic. If it's getting dark, turn the heat down. Add the mussels, tomatoes, white wine, beans, salt
with the veggies in with the mussels.

are dead and not safe to serve.

: and pepper. Cover the skillet and steam the mussels until they start to open, about 4-5 minutes.