



Tomato Basil Mussels

U.S.

For the Mussels:

2 lbs	Mussels, fresh	890 g
1 Tbsp	Olive Oil	10 mL
1/2 medium	Yellow Onion, finely diced	55 g
6 cloves	Garlic, sliced thin	18 g
1 cup	Cherry Tomatoes, halved	113 g
1 cup	Dry White Wine	237 mL
1 cup	Cannellini Beans, canned, drained & rinsed	113 g
1/2 tsp	Kosher Salt	0.6 g
To Taste	Black Pepper, fresh cracked	To Taste
1 Tbsp	Butter, unsalted	15 g
1/4 cup	Basil, chiffonade (cut into long, thin ribbons)	15 g
1 Tbsp	Lemon Zest (from about 1 lemon)	6 g

Metric

For the grilled bread:

1/2 each	Whole Wheat Baguette
1 Tbsp	Olive Oil

Preparation:

1. Gather all ingredients and equipment.
2. Clean mussels by pulling the fuzzy beards from the shell. Soak in salted cold water until ready for use. Discard any mussels that do not close after having their shells tapped (may take a minute or two). These are dead and not safe to serve.
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. Brush the oil onto the bread and set aside.
5. For the mussels: heat the olive oil in a large deep skillet over medium heat. Add the onion and sauté for 3-5 minutes or until translucent.
6. Add the cherry tomatoes and cook until they begin to soften and burst open. Add the garlic and sauté for an additional minute. Add the mussels white wine, beans, salt, and pepper. Cover the skillet and steam the mussels until they start to open, about 4-5 minutes.
7. Turn off the heat, add in the butter, basil, and lemon zest. Stir to incorporate. Discard any mussels that did not open when cooking. Cover to keep warm.
8. Grill the slices of baguettes on either side until golden brown, about 1 minute per side.
9. Serve the grilled bread with the mussels and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size 1/4 of recipe

Amount per serving

Calories 470

Total Fat	14 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	6 g
Cholesterol	40 mg
Sodium	640 mg
Total Carbohydrate	54 g
Dietary Fiber	8 g
Total Sugars	7 g
Includes 0g Added Sugars	
Protein	24 g
Vitamin D	0 %
Calcium	5 %
Iron	30 %
Potassium	300 mg
Phosphorus	185 mg
