**Tomato Basil Mussels**

### U.S. For the Mussels:
- 2 lbs Mussels, fresh
- 1 Tbsp Olive Oil
- 1/2 medium Yellow Onion, finely diced
- 6 cloves Garlic, sliced thin
- 1 cup Cherry Tomatoes, halved
- 1 cup Dry White Wine
- 1 cup Cannellini Beans, canned, drained & rinsed
- 1/2 tsp Kosher Salt
- To Taste Black Pepper, fresh cracked
- 1 Tbsp Butter, unsalted
- 1/4 cup Basil, chiffonade (cut into long, thin ribbons)
- 1 Tbsp Lemon Zest (from about 1 lemon)

### Metric For the Mussels:
- 890 g Mussels, fresh
- 10 mL Olive Oil
- 55 g Yellow Onion, finely diced
- 18 g Garlic, sliced thin
- 113 g Cherry Tomatoes, halved
- 237 mL Dry White Wine
- 113 g Cannellini Beans, canned, drained & rinsed
- 0.6 g Kosher Salt
- To Taste Black Pepper, fresh cracked
- 15 g Butter, unsalted
- 15 g Basil, chiffonade (cut into long, thin ribbons)
- 6 g Lemon Zest (from about 1 lemon)

### 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  

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<th>Nutrient</th>
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