



Simple Mussels in Wine

Typically served as an appetizer, Mussels in Wine is substantial enough for an entrée. Light and indulgent, it can be a godsend for foodies who are counting calories. Who could feel deprived with seafood, wine and garlic melded in front of them?

Ingredients:

- 2 lb mussels
- 1 T butter
- 1 shallot, chopped, or 2 T chopped leeks
- 2 garlic cloves, minced
- 1 c wine (red or white)
- 1 t dried herbs (tarragon, thyme or basil) – optional if using red wine

Optional: French bread, brushed with olive oil and grilled for dipping

Directions:

1. Clean mussels, removing any exterior “beard”. Discard any mussels that are open (some may close after handling—these should be ok). Some sources recommend soaking for 20 minutes to encourage the mussels to expel grit, but since most mussels today are farm-raised this is generally unnecessary.
2. Melt butter in large sautee pan. Stir in shallots, garlic & herbs and cook until translucent.
3. Add wine and mussels (ideally in a single layer) and place lid on pan. Steam until mussels open.
4. Discard any mussels that don't open. Serve mussels with liquid in a large bowl.



Source: ArtofNaturalLiving.com