

Healthy Harvest® Pasta Sauce Steamed Mussels Marinara

Preparation Time: 15 minutes

Cooking time: 10 minutes

Servings: 4



Looking for an uncomplicated, impressive meal? You will love this delicious mussel recipe, best served with rustic Italian bread or over cooked linguine with a fresh green salad.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Tomato and Basil
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2 lb (1 kg)	fresh mussels
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2 tbsp (30 mL)	olive oil
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1/2 cup (125 mL)	finely chopped onion
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4	cloves garlic, thinly sliced
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1/2 tsp (2 mL)	each salt and pepper
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1/4 tsp (1 mL)	hot pepper flakes
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1/2 cup (125 mL)	white wine
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Instructions

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1. Inspect the mussels and discard any that have broken shells or shells that do not close when lightly pressed together. Remove the thread-like beard by pulling toward the hinge of the shells until it is released; discard. Wash the mussels under cold runny water using a vegetable brush to clean shells.
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2. Heat the oil in a Dutch oven or large pot set over medium heat. Add the onion, garlic, salt, pepper and hot pepper flakes. Cook for 5 to 7 minutes or until softened. Pour in the wine and simmer for 1 minute. Stir in the pasta sauce and mussels.
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3. Increase the heat to medium-high. Cook, covered, for 10 minutes or until most of the shells open. Discard any unopened mussels. Serve immediately.
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Nutritional Information per serving:

473 calories, 13 g fat, 2 g saturated fat, 0 mg cholesterol, 671 mg sodium, 31 g carbohydrates, 2 g fibre, 8 g sugar, 27 g protein.



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