

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**

2 lb (1 kg) fresh mussels

2 tbsp (30 mL) olive oil

1/2 cup (125 mL) finely chopped onion

4 cloves garlic, thinly sliced

1/2 tsp (2 mL) each salt and pepper

1/4 tsp (1 mL) hot pepper flakes

1/2 cup (125 mL) white wine

Instructions

-
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.
-
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.
-
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.
-

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.



[< Back](#)

[Print this recipe](#)
