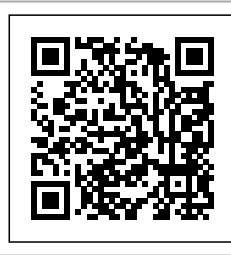


Mussels



Scan Code To Watch
Video!



Recipe by: Laura Vitale

Serves 4

Prep Time: minutes

Cook Time: minutes

Ingredients

- __ 2 lbs of Mussels, cleaned, scrubbed and de bearded
- __ 4 cloves of Garlic, sliced
- __ 2 Tbsp of fresh Parsley, chopped
- __ Pinch of Hot Pepper Flakes
- __ 1 lg Tomato, chopped
- __ 2 Tbsp of Olive Oil
- __ 1 cup of White Wine

1) Preheat the oil in a large pot over medium high heat, add the garlic, tomato, parsley and hot pepper flakes and cook for about a minute or two.

2) Add the wine and let it reduce by about half, about 3 minutes, season with salt and pepper.

3) Add the mussels and cover with a lid, let it cook for about 5 minutes or until the mussels open up.

Serve with some charred Italian bread.

