



KITCHEN MADE

Providing Relief and Nutrition in the kitchen

Mussels Steamed in White Wine with Tomato and Basil

Serves 4 as appetizers

- 1 Cup white wine
- 1 Medium onion, minced
- 2 Cloves garlic, minced
- 1/2 Cup fresh basil, chiffonade
- 1 Bay leaf
- 2 Pounds mussels, cleaned and debearded
- 2 Medium tomatoes, diced
- 1 Tbsp. olive oil
- Salt and ground black pepper to taste

- In a large pot sweat the onions in olive oil
- Add the garlic and bay, stir
- Add the wine, tomatoes, basil, salt and pepper, bring to a boil
- Add mussels, cover and cook until mussels open, ~5minutes, depending on pot and mussel size.
- Portion mussels into serving bowls and spoon the broth overtop
- Serve with crusty bread