

ORANGE GINGER MUSSELS WITH GARLIC TOASTS

Recipe

By Pamela M. Smith, R.D

18 Penn Cove or PEI Mussels
2 tsp. olive oil
5 cloves of roasted garlic, minced
2 shallots, thinly sliced
1 ½ Tbsp. fresh ginger, peeled and grated
3 ounces fresh orange juice
1 Tbsp. orange zest, grated
2 vine ripe tomatoes, finely diced
8 ounces dry white wine or chicken stock
1/4 tsp. Tony's Creole Seasoning
1/4 tsp. Kosher salt
1/4 tsp. coarse black pepper
1/4 tsp. red pepper flake
1 Tbsp. fresh chopped cilantro
2 tsp. fresh chopped flat leaf parsley
Garlic Toasts (recipe below)

1) Clean and debeard mussels, using closed ones or those that close when tapped.

2) Add olive oil to a sauté pan and heat. Add shallots, garlic and ginger and sauté for 30 seconds. Add the orange juice and zest, tomato, wine, mussels and dry seasoning - cover and cook until mussels begin to open. Uncover, raise heat and add herbs and cook until juices begin to thicken. Transfer the mussels to pot, and pour broth over shellfish. Serve with garlic toast, if desired

Garlic Toasts

1 whole grain loaf of bread, cut into 8 lengthwise quarters
Olive oil for brushing
Large garlic cloves, cut in half
Kosher salt and black pepper to taste

Prepare grill. Lightly brush bread quarters with olive oil and place on grill. Grill, turning once, until well toasted on both sides, about 2-3 minutes per side (or roast at 350 degrees until lightly browned). Rub one side of each slice with the cut side of garlic clove - and sprinkle with kosher salt and black pepper.

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