

MEDITERRANEAN STEAMED MUSSELS

Serves: 2

Ready in: 20 minutes

[*Food: What the Heck Should I eat? is out now!*](#) This is one of my favorite recipes from the book. For more recipes like this, check out [*Food: What the Heck Should I eat?*](#)

Mussels are one of the tastiest foods from the sea, and this salty, spicy blend of flavors only emphasizes how sweet and satisfying they are. A great source of protein, these are absolutely perfect as an appetizer or as a larger meal-size serving.

Ingredients:

- 4 large garlic cloves
- 2 tablespoons capers
- 4 anchovies
- 1 small dried red chile
- ½ teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- 2 cups low-sodium chicken stock
- 3 pounds mussels, rinsed well, beards removed
- ¼ cup parsley leaves, roughly chopped
- zest of 1 lemon

Step 1: Combine the garlic, capers, anchovies, red chile, and sea salt on a cutting board and chop until they become a paste. You can also use a mortar and pestle if you have one.

Step 2: In a 5- or 6-quart Dutch oven, warm the olive oil over medium-high heat. Add the prepared garlic paste and cook for about 2 minutes, stirring often. Pour in the chicken stock and bring to a boil. Carefully add the mussels.

Step 3: Place the lid on the pot and steam the mussels until all have opened up, 4 to 5 minutes. Divide the mussels between two bowls, then pour ¾ to 1 cup of broth over them and serve. Add the parsley and lemon zest and toss.

Nutritional analysis per serving: calories 370, fat 13 g, saturated fat 2 g, cholesterol 112 mg, fiber 0.2 g, protein 47 g, carbohydrate 14 g, sodium 1,298 mg