



Thai Red Curry Mussels

Recipe Source: Eatingwell.com

Makes 4 Servings

Ingredients:

2 teaspoons peanut or canola oil
2 medium cloves of garlic, minced
2 scallions, thinly sliced, whites and greens separated
Zest and juice of 1 lime
1-2 teaspoons Thai red curry paste
1/14 ounce "lite" coconut milk
1 tablespoon of brown sugar
2 teaspoons of fish sauce
4 pounds of mussels, scrubbed and debearded
6 cups trimmed watercress (1-2 bunches) or chopped spinach
2 tablespoon thinly sliced basil for garnish

Steps:

- Heat oil in a large high-sided skillet or Dutch oven over medium-high heat. Add garlic, scallion whites, lime zest and curry paste to taste. Cook until fragrant and the paste is sizzling (about 1-3 minutes).
- Add lime juice, coconut milk, brown sugar and fish sauce. Bring to a boil and let cook for 2 minutes.
- Add mussels and return to a simmer, cover and cook for 6 minutes. Spread watercress (or spinach) over the mussels, cover and cook until slightly wilted (about 4 minutes).
- Stir into the mussels (discard any unopened mussels)
- Serve garnished with scallion greens and basil.

Tips from the Test Kitchen: Goes great with a whole grain baguette

Nutritional Facts (Per Serving): Calories: 513, Carbohydrates: 27 grams, Protein: 57 grams, Total Fat:19 grams, Saturated Fat: 8 grams, Cholesterol: 127 mg, Sodium: 1760 mg, Fiber: 2 grams, Sugars: 6 grams.