



Recipes

Mussels Mediterranean in White Wine

Ingredients

- 1 lb. All Natural Pier 33 Gourmet Mussels
- 1 tbsp. olive oil
- 1 garlic clove, chopped
- 1/2 cup onion, chopped
- 1 cup dry white wine
- 1 tbsp. chopped parsley

Nutritional Values



Calories
369



Protein
27g



Fat
13g



Saturated
2g



Sugar
2g

Instructions

- 1) In a sauce pan, heat 1 tbsp. olive oil, add onion and garlic. Cook on medium heat for 2 minutes.
- 2) Add wine and bring to boil. Reduce heat to medium and add mussels. Let simmer for 5 to 7 minutes.
- 3) Spoon mussels and sauce into serving bowls and serve with crusty bread.



Portions
2



Cooking Time
13 min



Pier 33 Tips:

Pier 33 Gourmet Mussels + Crusty Bread
+ Beer or wine = Instant party!