

# Mexican Chipotle Mussels

This is a delicious and healthy recipe that takes less than 30 minutes to prepare. The lime juice really brings out the flavours of Mexico and the mussels. If you don't like cilantro replace it with parsley.

**SERVES 2** for Main Course or  
4 for Appetizers

## **INGREDIENTS**

- 1 tsp canola oil
- 1 onion, roughly chopped
- 2 garlic cloves, minced
- 1 can of Italian whole plum tomatoes (or any other kind) 796 mL or 28 fl oz
- 1 chipotle pepper
- 1 tbsp adobo sauce
- 1 tbsp brown sugar
- 1½ lb mussels (680g), scrubbed clean
- ¼ cup cilantro, roughly chopped
- 1 lime, cut into quarters
- sea salt and freshly ground black pepper

Heat a large and wide pan to medium heat, when hot add oil, onion and garlic. Season the ingredients with salt and pepper, turn down the heat to medium-low and sauté for 5 minutes or until lightly translucent.

Add the plum tomatoes, chipotle peppers with adobo sauce, and brown sugar. Break tomatoes into smaller pieces, turn heat to low and simmer for 15 minutes stirring occasionally. After 15 minutes, check the sauce to adjust seasonings.

Add mussels, cover the pot with a lid and cook everything for additional 5-7 minutes or until the mussels open up. There might be a few that don't open, those discard.

Add cilantro and serve. On the side of the plates place a few lime wedges. Enjoy.

### **TIP DU JOUR:**

The unused chipotle peppers and adobo sauce can be frozen in a plastic bag until they are needed again. Next time you need them, just break or cut off a piece.

Majority of the sodium in this recipe comes from the inherent sodium content in the mussels, per serving 973mg.

Data per serving of a main course.

|               |        |             |         |
|---------------|--------|-------------|---------|
| Calories      | 471    | Sodium      | 1276 mg |
| Protein       | 47.8 g | Cholesterol | 95 mg   |
| Total Fat     | 9.9 g  | Fiber       | 5 g     |
| Carbohydrates | 42.7 g |             |         |

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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