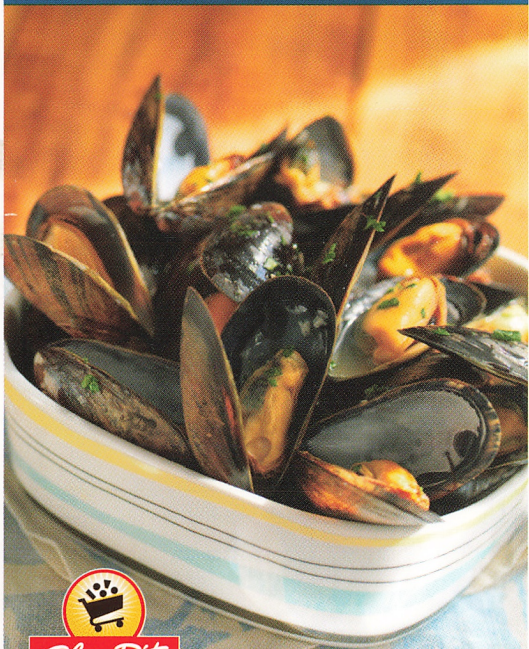




MAIN DISH



mussels in beer and garlic



ShopRite

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mussels in beer and garlic

Prep Time: 10 minutes

Cook Time: 6 minutes

Easy Recipe:

- 2 lbs. mussels, scrubbed, beards removed
- 1 (12-oz.) bottle light beer or 1½ cups vegetable broth
- 1 tsp. hot sauce
- 4 garlic cloves, minced
- 1 tsp. **ShopRite salt** or kosher salt
- ¼ tsp. crushed red pepper flakes
- 3 tbsp. finely chopped fresh parsley

Easy Steps:

① Preheat grill to medium (300°F to 350°F). Divide mussels among 4 large sheets of heavy-duty foil. Pull up the ends of the foil; fold and crimp sides so edges are raised to enclose juices. Leave an opening at the top for steam. Set foil pouches aside.

② In a medium bowl stir together beer, hot sauce, garlic, salt and red pepper flakes; pour evenly over mussels in foil pouches.

③ Place foil pouches on grill. Grill, covered, 5 to 6 minutes or until mussels begin to open and turn opaque. Transfer mussels and juices to a serving platter. (Discard any mussels that do not open.) Sprinkle with parsley, and serve.

Serves 4

Per Serving: 315 calories, 8g fat, 1g saturated fat, 95mg cholesterol, 1170mg sodium, 15g carbohydrate, 0g fiber, 41g protein

Make it a meal: Serve with grilled potato wedges and melon slices.



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