



## “Island Gold” Blue Mussels Thai Style

### INGREDIENTS

- 2 lbs. *Island Gold Mussels*
- 2 tbsp. Thai or Vietnamese fish sauce
- 2 cans coconut milk
- 2 tbsp. cilantro (chopped)
- 2 tbsp. fresh ginger (chopped)
- 1 tbsp. red curry paste

### PREPARATION

Heat coconut milk, fish sauce, ginger and curry paste at medium high until sauce thickens. Add mussels and cook 5 to 6 minutes or until mussels open. Stir mussels into sauce, then sprinkle with chopped cilantro. Makes 4 appetizers or two main courses if served with Asian noodles or steamed rice.

### MUSSEL NUTRITIONAL FACTS: (Serving Size 4oz)

Calories 90, Total Fat 4% (2.8g), Saturated Fat 3% (0.6g), Trans Fat 0% (0g), Cholesterol 12% (3.5mg), Sodium 13% (320mg), Total Carbohydrate 1% (4g), Dietary Fiber 0% (0g), Sugars 0% (0g), Protein 13g, Vitamin A 4%, Vitamin C 0%, Calcium 2%, Iron 25%. Percent Daily Values are based on a 2,000 calorie diet.