Garlic White Wine Steamed Mussels

Tender mussels steamed in a fragrant garlic and white wine sauce for a light, protein-rich meal perfect for weight loss.

Servings: 2 **Time:** 20 minutes

Ingredients

- 2 lbs fresh mussels, cleaned and debearded
- 3 cloves garlic, minced
- 1 cup dry white wine
- 2 tbsp olive oil
- 1/4 tsp red pepper flakes
- 1/4 cup fresh parsley, chopped
- 1 lemon, cut into wedges
- Salt and black pepper to taste

Instructions

1. Rinse mussels under cold water and discard any that do not close when tapped.
2. Heat olive oil in a large stovetop pot over medium heat.
3. Add minced garlic and red pepper flakes; sauté for 1 minute until fragrant.
4. Pour in white wine and bring to a simmer.
5. Add mussels to the pot, cover with a lid, and steam for 5-7 minutes until mussels open.
6. Discard any mussels that remain closed after cooking.
7. Sprinkle chopped parsley over the mussels and season with salt and black pepper.
8. Serve immediately with lemon wedges for squeezing.

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