

---

# Mussels in White Wine

*Margaret Howlett*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

**1 cup white wine**  
**1/3 cup chopped parsley**  
**1/2 teaspoon fresh thyme leaves**  
**3 shallots, chopped**  
**2 cloves garlic, finely chopped**  
**3 pounds mussels, scrubbed and debearded**  
**salt (to taste)**  
**black pepper (to taste)**  
**crusty loaf of bread**

In a six-quart pot, bring the white wine, parsley, thyme, shallots and garlic to a boil. Add the mussels and season with salt and pepper.

Cover and steam the mussels until they open, 3 to 4 minutes. Spoon the cooking liquid over the mussels.

Serve with a crusty loaf of bread.

(NOTE: You may substitute rinsed and cleaned clams for the mussels.)

## **Seafood**

---

*Per Serving (excluding unknown items): 1370 Calories; 30g Fat (23.2% calories from fat); 164g Protein; 60g Carbohydrate; 1g Dietary Fiber; 381mg Cholesterol; 3923mg Sodium. Exchanges: 0 Grain(Starch); 23 Lean Meat; 1 1/2 Vegetable.*