



Be Fit

Be Fit. Eat Healthy. It's your choice.

Mussels in a Coconut Broth Adapted From Cooking Light

- 1/2 cup light coconut milk
- 1/4 cup thinly sliced peeled fresh ginger
- 1 tablespoon sugar
- 2 tablespoons lemon juice
- 2 teaspoons red curry powder
- Dash of salt
- 1 (14.5-ounce) can fat-free, less-sodium chicken broth
- 2 pounds mussels, scrubbed and debearded
- 1/4 cup chopped fresh basil
- 1/4 cup chopped scallions

Combine first 7 ingredients in a Dutch oven and bring to a boil. Add mussels; cover and cook 5 minutes or until shells open. Remove from heat and discard any unopened shells. Spoon 1 1/2 cups broth mixture into each of 2 soup bowls. Divide mussels evenly among each soup bowl. Garnish with chopped basil and scallions.

Yield: 2 servings

CALORIES: 241

FAT: 7.1 g

Sat Fat: 2.8 g

PROTEIN: 22.9 g

CARBOHYDRATE: 20.3 g

FIBER 1 g