



1 Buy mussels

You'd think their briny sweetness would be all the reason we need to celebrate mussels, as well as other seafood that's low on the food chain, like oysters and clams. Well, there's more. Mussels are off the charts for vitamin B12, and high in iron, protein, even vitamin C.

Saffron steamed mussels

SERVES 4 | 1 HOUR

This Spanish-style dish is easy enough to pull off on a weeknight.

- 1 each red and yellow bell pepper, cut into $\frac{1}{4}$ -in. dice
- 1 tbsp. olive oil
- 2 tbsp. minced garlic
- $\frac{1}{2}$ tsp. each saffron threads and pepper
- 1 bottle (8 oz.) clam juice
- 1 cup aromatic white wine such as Viognier
- 4 dozen mussels in the shell, scrubbed, beards pulled off
- Finely chopped flat-leaf parsley
- Lemon wedges

1. Sauté bell peppers in oil in a 5- to 6-qt. pan over medium-high heat until beginning to brown, 7 to 8 minutes. Add garlic, saffron, and pepper and cook, stirring, until garlic is softened, 1 to 2 minutes.
2. Pour in 1 cup water, the clam juice, and wine. Cover, bring to a boil over high heat, then reduce heat and simmer about 10 minutes to blend flavors.

3. Return broth to boiling and stir in mussels. Cook, covered, over medium heat until shells open, 8 to 10 minutes; discard any mussels that don't open. Ladle into bowls, sprinkle with parsley, and serve with lemon.

PER SERVING 290 CAL., 27% (77 CAL.) FROM FAT; 24 G PROTEIN; 8.6 G FAT (3.3 G SAT.); 15 G CARBO (1.1 G FIBER); 489 MG SODIUM; 56 MG CHOL.



The bivalves gobble up phytoplankton, not scarcer wild fish; improve ocean quality by filter feeding; and are a sustainably farm-raised food.

