

# Smoked Mussels and Lentils

A high protein, low fat, quick lunch.

Serves 4 (1 cup each) Prep time 5 min / Total time 15 min

## INGREDIENTS

1 can (85 g) of Gold Seal® Smoked Mussels, drained  
1 Tbsp olive oil  
½ cup finely diced onion  
½ cup finely diced red pepper  
1 can (455 g) lentils, drained and rinsed  
1 can (340 g) diced tomatoes, drained  
1 tsp chopped fresh thyme  
freshly cracked pepper, to taste  
juice of 1 lemon  
chopped Italian parsley, for garnish

## COOKING INSTRUCTIONS

1. In a large nonstick frying pan over medium/high heat add olive oil, onions and peppers, and sauté for 1 to 2 minutes.
2. Add lentils, tomatoes, mussels & thyme and continue to sauté for 4 to 6 minutes, stirring constantly.
3. Season with pepper and lemon juice, and garnish with fresh parsley.

### Ingredient of the day: Smoked Mussels

There is archaeological evidence that humans have consumed mussels for thousands of years. Mussels can be smoked, boiled, steamed or fried in batter. They are rich in protein, calcium and iron, but contain relatively little fat.

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- Substitute fresh basil for the thyme or add some roasted garlic.
- When in season add sliced cherry tomatoes instead of canned.
- Enjoy with a warm bread roll.

## NUTRITIONAL VALUES / SERVING:

Calories 190	Fiber 10 g
Fat 6 g	Cholesterol 13 mg
Sat Fat 1 g	Sodium 242 mg
Carbs 24 g	Sugar 6 g
Protein 12 g	Calcium 52 mg