

Low-Point Steamed Mussels with White Wine Tomatoes

Ingredients:

- 1 lb. bag of cooked and frozen Mussels
- 1/2 onion, chopped small
- 2 cloves garlic, minced
- 1 can diced tomatoes, undrained
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1/2 tsp. oregano
- 1/2 tsp. pepper, or to taste
- 1/2 tsp. rosemary
- 1 Tbs. butter
- Pam Cooking Spray

Place mussels in a microwavable safe bowl and microwave, covered, for 6 minutes. Meanwhile, spray Pam cooking spray in a large skillet and heat over medium/high heat. Saute' onions and garlic until onions are translucent (about 5 minutes). Add tomatoes, wine, and chicken broth. Heat through and add oregano, pepper, rosemary, and butter. After mussels are microwaved, add to tomato mixture, turn off heat, and let set over hot burner for 4 minutes. Serve and enjoy!! If you'd like a printer-friendly version, [Click Here](#).

Total servings - 3

Serving size - 1

Points per serving - 2.4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"An individual person is responsible for living his own life and for 'finding himself'. If he persists in shifting his responsibility to somebody else, he fails to find out the meaning of his own existence." - Thomas Merton