



## Cioppino-Style Seafood Stew

---

### Ingredients:

- 1½ tablespoons olive oil
- ½ cup prechopped onion
- 1½ teaspoons bottled minced garlic
- ¼ teaspoon crushed red pepper
- 1 pound mussels, scrubbed and debearded
- 8 ounces sea scallops
- 8 ounces peeled and deveined medium shrimp
- ½ cup clam juice
- ¼ cup chopped fresh flat-leaf parsley
- 1 (14.5-ounce) can diced tomatoes, undrained

### Directions:

- Heat olive oil in a Dutch oven over medium-high heat. Add onion, garlic, and red pepper to pan; sauté for 2 minutes. Add mussels, scallops, and shrimp to pan; sauté for 1 minute. Stir in ½ cup clam juice, parsley, and diced tomatoes; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until mussels open, and discard any unopened shells.

**Yield:** 4 servings (serving size: 2 cups)

**Nutritional Information:** Calories 289 (29% from fat); FAT 9.3g; Iron 6.4mg; Cholesterol 138mg; Calcium 88mg; Carbohydrate 13.8g; Sodium 726mg; Protein 36.2g; Fiber 1.5g

Recipe Source: Cooking Light

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.