

#### Ingredients

- 4 pounds mussels
- 2 tablespoons olive oil
- 1 shallot, minced
- 2 [garlic cloves](#), shaved
- 4 sprigs fresh thyme
- 1/2 cup dry white wine
- 1 lemon, juiced
- 1 cup [chicken broth](#), low-sodium
- Pinch [red pepper flakes](#)
- 1 tomato, peeled, seeded and cut in large dice
- 1/2 cup roughly chopped parsley
- 2 tablespoons [unsalted butter](#)

#### Directions

Rinse the mussels under cold running water while scrubbing with a vegetable brush. Discard any with broken shells. Heat oil in a 6 to 8-quart stockpot. Sauté the shallot, garlic and thyme to create a base flavor. Add the mussels and give them a good toss. Add wine, lemon juice, chicken broth and red pepper flakes; cover the pot and steam over medium-high for 5 minutes until the mussels open. Toss in the tomato, parsley and butter, recover the pot, and steam for another minute to soften. The tomatoes should keep their shape. Serve with plenty of grilled [garlic bread](#) to sop up the broth.

#### Ingredients

- 2 [cloves garlic](#)
- Salt and freshly ground black pepper
- 2 tablespoons [olive oil](#), plus more for the bread
- 2 [shallots](#), coarsely chopped
- 2 cups white wine
- 2 pounds cultivated mussels, scrubbed
- 2 tablespoons cold [unsalted butter](#)
- 2 tablespoons chopped fresh [tarragon](#) leaves
- 1 [baguette](#), halved lengthwise

#### Directions

Heat grill to high. Sprinkle garlic with a pinch of salt and, with the flat side of a large knife, [mash](#) and smear the garlic to a coarse paste. Heat the oil in a stockpot on the grates of the [grill](#), add the shallots and garlic and cook until shallots soften. Add the wine, bring to a boil and stir in the mussels. Cover the pot and cook the mussels until all of them have opened, about 6 to 8 minutes, discard any that do not open.

Remove the mussels with a slotted spoon to a large bowl. Bring the cooking liquid to a [simmer](#) and [whisk](#) in the butter. Season with salt and pepper, to taste, and stir in the tarragon. Pour the mixture over the [mussels](#) and serve immediately with grilled bread.

Brush cut side of baguette with oil, season with salt and pepper and grill, cut side down until lightly golden brown.

Recipe courtesy Bobby Flay

#### Ingredients

- Cooking spray

- 8 (3 to 4-ounce) [fillets](#) of sole
- 1 (8-ounce) package frozen spinach and artichoke dip, thawed (recommended: TGI Friday's)
- 1 lemon, 1/2 cut into wedges and 1/2 juiced
- Salt and fresh ground black pepper
- Artichoke Ratatouille, for serving, recipe follows
- Artichoke [Ratatouille](#):
- 3 tablespoons [olive oil](#)
- 1 small eggplant, diced into 1-inch cubes
- 1 (16-ounce) bag frozen [stir-fry](#) vegetables, thawed (recommended: Birds Eye)
- 1 (9-ounce) package frozen artichoke hearts, thawed
- 1 tablespoon minced garlic
- 1/2 teaspoon [red pepper flakes](#)
- Salt and fresh ground pepper
- 1 (14.5-ounce) can diced tomatoes
- 1/4 cup chopped fresh basil

#### Directions

Preheat the oven to 350 degrees F and spray the bottom of a 9 by 9 casserole dish with [cooking spray](#).

Lay the fillets out onto a clean work surface. Evenly divide the [spinach](#) and artichoke dip, about 2 tablespoons for each fillet, and spread it over the length of the fillets. Roll each fillet up and place rolled-side down in the prepared casserole dish. Place the lemon wedges down the center of the [casserole dish](#) between the rolls and [drizzle](#) each with the [lemon juice](#). Sprinkle generously with salt and pepper.

Bake until the fish is opaque and cooked through, 20 to 25 minutes. Serve with Artichoke Ratatouille on the side.

Artichoke [Ratatouille](#):

In a high-sided skillet, heat the oil over medium heat. Add the [eggplant](#), vegetable stir-fry blend, [artichokes](#) hearts, garlic, red pepper flakes and season with salt and pepper. Saute until vegetables are almost completely cooked through, about 5 minutes. Add the diced [tomatoes](#), cover and [simmer](#) on low until the eggplant is soft and the ratatouille is thickened slightly, 15 to 20 minutes. Just before serving, stir in the basil. Taste and adjust seasoning, if necessary.

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