

# Cioppinno

**Servings:** ~8

## **Ingredients:**

- 1 Tbl. canola oil
- 1½ c. *onion*, diced
- 2 large *garlic* cloves, diced
- 1 *bay leaf*
- ½ Tbl. *oregano*
- ½ Tbl. *basil*
- 1 can (14 oz.) *tomatoes*
- 2 c. *fresh salsa*
- 1 package (14 oz.) frozen *bell pepper mix*
- 3 c. *Clamato juice*
- ½ c. *cooking sherry*
- 1½ lbs. *Geisha seafood mix* (clams, mussels, shrimp and calamari)

## **Directions:**

1. Heat oil in a large pan over medium heat. Add onions, peppers, garlic, bay leaves, oregano and basil and cook, stirring often for 8- to 10-minutes.
2. Add tomatoes, salsa, Clamato juice and wine. Bring to simmer. Cook uncovered about 20-minutes. Add Geisha Seafood Mix and cook about 5 minutes to heat seafood.
3. Remove bay leaf and serve with crusty bread.

## **Optional Add-Ons:**

- Trader Joe's Sliced Sour Dough Bread, toasted [80 calories per slice]
- Trader Joe's Sliced Sour Dough Bread, topped with 1 tsp. of light margarine (~50 calories/Tbl.) and sprinkled with garlic powder [130 calories per slice]

## **Nutrition:** (Serving size: 1½ cups)

*calories:* 237    *protein:* 16.2g    *total carbohydrate:* 29.1g    *total fat:* 3.5g  
*sugars:* 10.6g    *sodium:* 1309mg    *dietary fiber:* 3.6g    *saturated fat:* 1.2g