

Accidentallocavore®

Dear Friend,

This week's recipe for mussels is one of my new favorites, it's really easy and tastes fabulous! Do you ever think certain foods are superfluous? If you have a friend or two who might like the newsletter, why don't you suggest they sign up by forwarding this email? Or you can click the icons above the logo to send to a friend, Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



Top 3 Superfluous Foods

As the Accidental Locavore, I'm probably supposed to think that all vegetables are good vegetables. The same might be assumed for everything else that is grown or produced locally, but it's simply not true. And there are a lot of superfluous veggies that are added to food, to add color, stretch a meal, or even to surprise you. Why? Here are three ingredients that are fine on their own, but are way too often added to other dishes, making them less interesting and certainly less tasty.

[Superfluuous:](#)



Jamie Oliver's Moroccan Mussels

Somehow the Accidental Locavore managed to catch an episode of Jamie Oliver's 15-Minute Meals the other day. This one had him make a batch of mussels in a Moroccan-inspired sauce. Mussels are so easy to cook and these looked great! This will serve 2.

[Mussels:](#)





January Calendar

How about this beautiful stalk of Brussels sprouts to start off 2014?

[Click here](#) to download the calendar.

Huffington Post & The Daily Meal

The Accidental Locavore is now part of *Huffington Post*! [Click here](#) to follow on HuffPost. [And here](#) to see what I'm up to on *The Daily Meal*.

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