



Seafood Stew

Cook: 30 min Ready In: 30

Recipe By: **EatingWell Test Kitchen**

“Our rich stew is made with green beans. The saffron contributes a pungent flavor and intense yellow color.”

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- ½ teaspoon dried thyme
- ½ teaspoon fennel seed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch of crumbled saffron threads
- 1 cup no-salt-added diced tomatoes, with juice
- ¼ cup vegetable broth
- 4 ounces green beans, cut into 1-inch pieces
- 4 ounces bay scallops, tough muscle removed
- 4 ounces small shrimp, (41-50 per pound), peeled and deveined

Directions

1. Heat oil in a large saucepan over medium heat. Add onion; cook, stirring constantly, for 3 minutes. Add garlic, thyme, fennel seed, salt, pepper and saffron; cook for 20 seconds.

2. Stir in tomatoes, broth and green beans. Bring to a simmer. Cover, reduce heat and simmer for 2 minutes.
3. Increase heat to medium, stir in scallops and cook, stirring occasionally, for 2 minutes. Add shrimp and cook, stirring occasionally, for 2 minutes more.

Ingredient note:

Literally the dried stigma from *Crocus sativus*, saffron adds flavor and golden color to a variety of Middle Eastern, African and European foods. Find it in the spice section of supermarkets, gourmet shops and at tienda.com. It will keep in an airtight container for several years.

Nutrition information

Serving size: 1¾ cups

Per serving: 213 calories; 6 g fat(1 g sat); 4 g fiber; 20 g carbohydrates; 20 g protein; 48 mcg folate; 105 mg cholesterol; 7 g sugars; 0 g added sugars; 1,283 IU vitamin A; 31 mg vitamin C; 114 mg calcium; 2 mg iron; 1,020 mg sodium; 370 mg potassium

Nutrition Bonus: Vitamin C (52% daily value), Vitamin A (26% dv)

Carbohydrate Servings: 1½

Exchanges: 3 vegetable, 3 lean meat, 1 fat