



## Baked Tahong

30 green New Zealand mussels, frozen on the half-shell  
1/3 c butter, melted  
1/2 c bread crumbs  
1-1/2 T garlic, minced  
3/4 c Colby Jack cheese

Preheat the oven to 375F. Place the mussels shell side down on a parchment lined baking sheet. Baste each mussel with some of the melted butter. Add a few pieces of garlic to each mussel and then sprinkle with bread crumbs and Colby Jack. Bake the mussels for 15 to 20 minutes, until cheese is melted and mussels are heated through. Serve immediately.