

Oysters on the Half Shell

This recipe is part of the Feast for the Eyes® collection

- 12 high-quality oysters
- 1/2 cup champagne vinegar
- 2 tablespoons minced shallots
- 1/4 teaspoon chopped garlic
- 1 tablespoon chopped parsley
- 1 teaspoon chopped chives
- Lemon wedges



Shuck the oysters with a shucking knife or screwdriver, protecting your hand with a glove. With a sharp knife, separate the tendons from the shell and retain as much liquid as possible in the shell.

In a small bowl, whisk the vinegar, shallots, garlic, parsley and chives into a vinaigrette.

Transfer the opened oysters to a platter decorated with a bed of ice. Spoon 1 teaspoon of the vinaigrette over each oyster and serve with the lemon.

Nutritional Profile *(per serving, not including the lemon wedges)*

Serves 2

Calories: 51

Total fat: 1 g

Saturated fat: 0 g

Protein: 5 g

Carbohydrates: 4 g

Fiber: 0 g

Sugars: 1 g

Cholesterol: 34 mg

Sodium: 94 mg

Vitamin A: 217 IU

Vitamin C: 3.7 mg

Vitamin E: 1.1 IU

Zinc: 33.1 mg

Beta-carotene: 108 mcg

Lutein and zeaxanthin: 107 mcg

Omega-3 fatty acids: 0.3 g

Oysters on the Half Shell Shopping List

- 12 high-quality oysters
- Champagne vinegar
- 1 or 2 shallots (you only need enough for 2 tablespoons once minced)
- Head of garlic
- Fresh parsley
- Fresh chives
- 3 lemons