

Lemon-Shallot Scallops

Recipe © Amy Shaprio RD CDN, guest contributor

Servings: ~4

Ingredients:

- 2 tsp olive oil
- 1½ pounds scallops
- Salt and pepper to taste
- 2 tsp butter
- 3 Tbl minced shallots
- ½ tsp bottled minced garlic
- ½ cup dry white wine
- 1 Tbl fresh lemon juice
- 2 Tbl finely chopped fresh parsley

Directions:

1. Heat oil in a large non-stick skillet over medium- high heat
2. Sprinkle sea scallops with salt and pepper (optional)
3. Add scallops to pan and sauté 2 minutes per side
4. Remove scallops from pan and cover with foil to keep warm
5. Melt butter in the pan, add shallots and garlic and sauté 1 minute
6. Add wine and lemon juice and cook 1 minute more
7. Put scallops back in pan, toss to coat
8. Remove from heat and sprinkle with parsley

Nutrition:

 (Serving size: ¼th recipe)

calories: 204 *protein:* 29g *total carbohydrate:* 6g *total fat:* 5.4g
sodium: 581mg *saturated fat:* 1.8g