

Lemon-Shallot Scallops

Adapted from Cooking Light

Serves 4

2 tsp olive oil
1 ½ pounds scallops
Salt and pepper to taste
2 tsp butter
3 tbsp minced shallots
½ tsp bottled minced garlic
¼ cup dry white wine
1 tbsp fresh lemon juice
2 tbsp finely chopped fresh parsley

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

Per serving:
204 calories
6 g carbohydrates
5.4 g fat
1.8 g sat fat
28.9 g protein
581 mg sodium
61 mg cholesterol