

Garlicky Lemon Scallops (Makes 4 servings)

Ingredients:

- 1 tablespoon olive oil
- 1 ¼ pounds sea scallops, dried with paper towels
- 2 tablespoon all-purpose Flour
- ¼ teaspoon salt
- 4-6 garlic cloves, minced
- 1 scallion or large shallot, finely chopped
- pinch of ground sage
- Juice of 1 lemon (2-3 T)
- 2 tablespoons chopped parsley

Directions:

1. Be sure to pat the scallops dry before you mix them with the flour & salt. That way they won't soak up too much flour.
2. In a large non stick skillet, heat the oil.
3. In a medium bowl, toss the scallops with the flour & salt.
4. Transfer the scallops to the skillet; add the garlic, scallion & sage. Sauté until the scallops are just opaque, 3 – 4 minutes.
5. Stir in the lemon juice and parsley; remove from the heat and serve at once.

Note: Scallops cook very quickly. DO NOT overcook or they will turn into erasers. Be sure to have all other items ready before cooking the scallops.

Per serving: 187 calories / 5g fat / 1g of fiber

Total POINTS – 4

Taken from Weight Watchers “In a Flash” cookbook.

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