

# Baked Scallops II

*Dori Ferrara*

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## **Servings: 4**

*1 pound scallops  
sprinkle garlic powder  
paprika  
2 tablespoons bread  
crumbs  
2 tablespoons grated  
Parmesan cheese  
dash salt  
1 teaspoon lemon juice  
4 tablespoons butter*

Preheat the oven to 500 degrees.

Melt the butter in a casserole dish.

Add the garlic and lemon juice.

Place the scallops in the casserole and turn.

Top with salt, oregano, bread crumbs, grated cheese and paprika.

Bake for 15 minutes.

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Per Serving (excluding unknown items): 227 Calories; 13g Fat (53.6% calories from fat); 21g Protein; 5g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 375mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Fruit; 2 1/2 Fat.