

Baked Scallops

Rosemary Dronchi

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*2 cloves garlic
2 tablespoons butter,
melted
1/4 cup white wine
1 teaspoon fresh parsley
1 pound bay or sea scallops
seasoned bread crumbs
3 tablespoons grated
cheese
salt (to taste)
pepper (to taste)
paprika*

Preheat the oven to 350 degrees.

In a saucepan, saute' the garlic in melted butter.
Add the wine and parsley.

Place the scallops in a shallow baking dish.
Pour the wine mixture over them. Sprinkle with
the bread crumbs, grated cheese, salt, pepper
and paprika.

Bake for 10 minutes. Then place under the
broiler for an additional 5 to 6 minutes.

Per Serving (excluding unknown items): 338 Calories; 30g Fat (88.5% calories from fat); 6g Protein; 3g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 371mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.