

Bay Scallops - Italian Style

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 4

1 cup chicken broth or white wine

1 pound bay scallops

1 1/2 sticks butter or margarine

1/2 cup Italian-seasoned bread crumbs

dash garlic powder

In a large skillet, bring the chicken broth to a boil. Add the scallops. Remove from the heat and let stand for 10 to 15 minutes. Drain.

In the same skillet, melt butter. Add the scallops, bread crumbs and garlic powder. Blend.

Heat just until hot and serve.

Per Serving (excluding unknown items): 405 Calories; 35g Fat (78.3% calories from fat); 19g Protein; 3g Carbohydrate; 0g Dietary Fiber; 131mg Cholesterol; 534mg Sodium. Exchanges: Lean Meat; 7 Fat.