

Bay Scallops with Mushrooms

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*1/2 cup butter, softened
1 cup sliced mushrooms
4 tablespoons sweet onion,
chopped
1 tablespoon garlic, minced
1 pound fresh bay scallops
1/2 cup soft bread crumbs
1/2 cup chopped parsley
pepper*

Preheat the oven to 350 degrees.

Rinse the scallops in a sieve. Set aside to drain.

In a small skillet, melt 1/4 of the butter. Add the mushrooms. Cook, stirring frequently, until they are wilted and give up liquid. Add the onion and garlic. Cook briefly. Pour the mushroom mixture into a large bowl. Let cool for a moment.

Add two tablespoons of the remaining butter, the scallops, bread crumbs, parsley and pepper, mixing well. Spoon the mixture into four or five seafood shells or a ramekin.

Place each on a baking sheet. Melt the remaining butter and pour it over the mixture in each shell/

Bake for 10 minutes.

To brown the tops, slide under the broiler for about 1 minute.

Per Serving (excluding unknown items): 929 Calories; 93g Fat (88.0% calories from fat); 6g Protein; 23g Carbohydrate; 3g Dietary Fiber; 249mg Cholesterol; 1080mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 18 1/2 Fat.