

Curry Scallops and Rice

Taste of Home Simple & delicious - August 2011

Servings: 4

Start to Finish Time: 30 minutes

1 package (6 1/4 oz) Near East curry rice pilaf mix

1/4 cup butter, divided

1 1/2 pounds sea scallops

1 package (14 oz) frozen pepper strips, thawed and chopped

1/4 cup fresh parsley, minced

1/4 teaspoon salt

Prepare the pilaf mix according to package directions using one teaspoon of butter.

In a large skillet, saute' the scallops in the remaining butter until firm and opaque.

Remove and keep warm.

In the same skillet, saute' the peppers until tender.

Stir in the scallops, rice, parsley and salt.

Per Serving (excluding unknown items): 253 Calories; 13g Fat (46.6% calories from fat); 29g Protein; 4g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 527mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 2 1/2 Fat.