

Easy Garlic-Lemon Scallops

AllRecipes.com - June/July 2019

Servings: 6

*2 tablespoons butter
2 tablespoons olive oil
2 pounds large sea
scallops, rinsed and patted
dry
2 tablespoons garlic,
minced
2 tablespoons fresh lemon
juice
1/4 teaspoon salt
1/8 teaspoon black pepper
lemon slices or wedges (for
serving)*

In a large skillet over medium-high heat, heat one tablespoon of butter and one tablespoon of oil. Add half of the scallops. Cook undisturbed until golden brown, about 3 minutes. Turn and cook until opaque, about 3 minutes more. Transfer to a platter and cover to keep warm.

Repeat with the remaining butter, oil and scallops.

Add garlic to the butter, oil and juices in the skillet. Cook until fragrant, about 1 minute. Whisk in the lemon juice, salt and pepper. Pour over the scallops.

Serve with lemon wedges.

Per Serving (excluding unknown items): 79 Calories; 8g Fat (92.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat.