

Lemon-Caper Scallops

Rachael Ray

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Servings: 2

10 large scallops

5 tablespoons butter, divided

1 large lemon, peeled with four segments chopped and remainder juiced

2 tablespoons capers, drained

2 tablespoons parsley, chopped

Season the scallops.

In a large skillet, melt one tablespoon of butter over medium-high.

Add the scallops. Cook until golden, 3 minutes. Transfer to a plate.

Brown the remaining butter.

Add the remaining ingredients. Season.

Spoon over the scallops.

Per Serving (excluding unknown items): 306 Calories; 29g Fat (82.8% calories from fat); 9g Protein; 5g Carbohydrate; trace Dietary Fiber; 94mg Cholesterol; 454mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.