
Mustard-Saffron Scallops in Wine

Frank Menendez

Nettles Island Cooking in Paradise - 2014

Servings: 4

1 1/2 sea scallops

1/3 to 1/2 cup minced garlic

1/4 cup extra-virgin olive oil

1/3 cup parsley

1 to 2 teaspoons crushed saffron

1/4 to 1/2 cup white wine

1/4 to 1/3 cup Dijon mustard

salt

pepper

In a skillet, saute' the garlic and parsley in the olive oil.

Add the scallops, saffron and wine. Cook for 3 minutes.

Add the mustard and cook for 2 minutes.

Serve with wild or brown rice or pasta.

Seafood

Per Serving (excluding unknown items): 127 Calories; 14g Fat (95.7% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 21mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.