

Scallops Fra Diavolo

Michael Tyrrell

Family Circle Magazine - December 2013

Servings: 6

1 tablespoon olive oil
1 sweet red pepper, seeded and sliced
1 green bell pepper, seeded and sliced
1 pound frozen bay scallops, thawed
1/4 teaspoon salt
1/8 teaspoon black pepper
1 jar (24 ounce) fra diavolo sauce
(such as Patsy's)
1 can (6.5 ounce) minced clams,
drained
1 pound dry pappardelle or fettuccine
1/2 cup basil leaves

Preparation Time: 15 minutes

Cook Time: 10 minutes

In a large skillet, heat the oil over medium-high heat. Add the peppers and cook for 5 minutes, stirring occasionally, until crisp-tender. Remove to a plate.

Season the scallops with salt and pepper. Cook for 2 minutes, turning once. Return the peppers to the skillet. Stir in the sauce and clams. Bring to a boil. Reduce the heat to medium and simmer for 1 minute or until the scallops are cooked through.

Meanwhile, cook the pappardelle following the package directions, about 10 minutes. Reserve one cup of the cooking water. Drain.

Add the pappardelle to the skillet and stir until evenly coated with sauce. Add the reserved cooking water as needed to thin the sauce.

To serve: spoon onto a large serving platter and garnish with basil.

To freeze fresh scallops, place on plastic wrap in a single layer and tightly wrap. Wrap in foil and freeze. When ready to cook, first thaw in the refrigerator overnight.

Per Serving (excluding unknown items): 31 Calories; 2g Fat (63.4% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 90mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

% Calories from Fat: 63.4%
 % Calories from Carbohydrates: 31.9%
 % Calories from Protein: 4.6%
 Total Fat (g): 2g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): 2g
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 3g
 Dietary Fiber (g): 1g
 Protein (g): trace
 Sodium (mg): 90mg
 Potassium (mg): 77mg
 Calcium (mg): 7mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 56mg
 Vitamin A (i.u.): 1311IU
 Vitamin A (r.e.): 131RE

Vitamin B12 (mcg): 0mcg
 Thiamin B1 (mg): trace
 Riboflavin B2 (mg): trace
 Folacin (mcg): 10mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 31 Calories from Fat: 20

% Daily Values*

Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	trace	
Vitamin A		26%
Vitamin C		93%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.