

# Scallops Supreme II

Alyce Desroches

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

## Servings: 6

*2 pounds scallops (fresh or frozen)*

*1/2 cup light cream*

*1/4 cup dry white table wine*

*2 teaspoons lemon juice*

*1 teaspoon instant minced onion*

*1/4 cup green pepper, finely chopped*

*1/2 teaspoon fresh rosemary, finely chopped*

*1/2 teaspoon salt*

*1/4 teaspoon freshly ground pepper*

*3/4 cup soft bread crumbs  
butter*

Arrange the scallops into six individual baking dishes, six large scallop shells or a 1-1/2 quart shallow baking dish.

In a bowl, mix together the cream, wine, lemon juice, onion, pepper, rosemary, salt and pepper. Pour in equal portions over the dishes of scallops. (At this point, you can refrigerate the scallops to cook later in the day.)

Just before baking, top each dish with about two tablespoons of soft bread crumbs. Dot with butter.

Bake at 450 degrees for 15 minutes. Slide the scallops under the broiler for a few seconds for additional browning, if desired.

Per Serving (excluding unknown items): 56 Calories; 4g Fat (6 calories from fat); 1g Protein; Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 216mg Sodium; Exchanges: 0 Grain(Starch); Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.