

# Sea Scallops with Crab Meat Stuffing

Ginny Dugan

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 pound sea scallops*  
*1/2 pound fresh crab meat*  
*1 sleeve Ritz crackers*  
*1 stick butter, melted*  
*salt (to taste)*  
*pepper (to taste)*  
*lemon juice (optional)*  
*nonstick cooking spray*

Preheat the oven to 350 degrees.

Wash the scallops and place them in a casserole dish sprayed with nonstick cooking spray.

Crumble the crackers . Mix with melted butter. Add the salt and pepper to taste.

Fold in the crab meat. Sprinkle the mixture over the scallops. Dot with butter.

Bake for 20 to 30 minutes until golden brown.

(Instead of fresh crab meat, you may use eight ounces of crab meat and 1/4 cup of grated Romano cheese. Use no salt, if using the cheese.)

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Per Serving (excluding unknown items): 1213 Calories; 95g Fat (71.0% calories from fat); 77g Protein; 11g Carbohydrate; 0g Dietary Fiber; 398mg Cholesterol; 1668mg Sodium. Exchanges: 11 Lean Meat; 18 1/2 Fat.