

Crunchy Baked Scallops

Publix FamilyStyle Magazine - Summer 2012

Servings: 4

Preparation Time: 15 minutes

Bake Time: 10 minutes

1 pound Patagonian scallops, thawed if needed
nonstick cooking spray
2 tablespoons 37% to 40% vegetable oil spread, melted
1 shallot, minced
1 tablespoon fresh parsley, chopped
1 tablespoon lemon juice
2 cloves garlic, minced
1/2 teaspoon Kosher salt
1/2 cup panko bread crumbs
fresh parsley (optional), chopped

Preheat oven to 425 degrees.

Pat the scallops dry with paper towels.

Place four small gratin dishes or any ovenproof single serving dish in a shallow baking pan. Lightly coat with nonstick cooking spray. Set aside.

In a small bowl, combine the melted vegetable oil spread, shallot, parsley, lemon juice, garlic and Kosher salt. Stir in the panko to coat.

Evenly divide the scallops among the four prepared dishes.

Top with the bread crumb mixture.

Bake for 10 minutes or until the topping is lightly brown.

Sprinkle with additional parsley, if desired.

Per Serving (excluding unknown items): 5 Calories; trace Fat (2.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 236mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.