

# Scallop-Vegetable Vermicelli

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## Servings: 6

*8 ounces vermicelli  
2 cloves garlic, minced  
1 cup carrots, julienned  
2 cups celery, diagonally sliced  
2 tablespoons olive oil  
1 1/2 cups fresh tomatoes, peeled, seeded & chopped  
1/2 cup scallions, sliced  
1 cup fresh mushrooms, sliced  
1 1/2 pounds scallops  
2 teaspoons fresh ginger root, peeled and grated  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup sauterne wine*

Cook the vermicelli as directed on the package.

In the meantime, saute' the garlic, carrots and celery in olive oil until soft, 5 minutes, stirring occasionally.

Add the tomatoes, scallions, mushrooms, scallops, ginger, salt and pepper. Cook for 5 minutes, stirring occasionally. Add the wine and cook an additional 5 minutes.

Serve the scallop-vegetable mixture over drained vermicelli.

(Shrimp may be substituted for the scallops.)

*If the vermicelli has to be held after cooking, toss with a little olive oil. This prevents the vermicelli from sticking together.*

Per Serving (excluding unknown items): 320 Calories; 6g Fat (calories from fat); 24g Protein; Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 321mg Sodium. Exchanges: 2 Grain (Starch); Lean Meat; 1 1/2 Vegetable;