

# Scallops Fra Diavolo

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## Servings: 4

*1 package (9 ounce) linguini*  
*1/3 cup olive oil*  
*1 5/8 pounds bay scallops,*  
*rinsed and patted dry*  
*1 cup chopped scallions (or*  
*onions)*  
*4 cloves garlic, minced*  
*4 tablespoons fresh Italian*  
*parsley, chopped*  
*1/2 teaspoon dried oregano*  
*1 teaspoon crushed red*  
*pepper flakes*  
*1 can (14.5 ounce) diced*  
*tomatoes in puree'*

Cook the pasta according to package directions.  
Drain and place in a serving bowl.

Saute' the scallions in oil over medium-high heat  
for 2 minutes or so. Add the garlic. Add the  
scallops and cook until just white (2 minutes).  
Remove the scallop mixture and keep warm.

Add the parsley, oregano, pepper flakes and  
tomatoes with juice to the skillet. Simmer for 5  
minutes.

Add the scallop mixture back to the sauce in the  
skillet. Mix, but do not cook, the scallops any  
longer. Pour over the pasta and toss.

Serve immediately.

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Per Serving (excluding unknown  
items): 403 Calories; 20g Fat  
(44.5% calories from fat); 33g  
Protein; 21g Carbohydrate; 1g  
Dietary Fiber; 60mg Cholesterol;  
297mg Sodium. Exchanges: 1  
Grain(Starch); 4 Lean Meat; 0  
Vegetable; 3 1/2 Fat.