

Seafood and Rice

Joan Chica

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*1 pound fresh shrimp,
peeled
1 pound scallops
1 or 2 green bell peppers,
chopped
1 onion, chopped
butter
garlic powder (to taste)
lemon juice (to taste)
1 or 2 tomatoes, cut into
wedges
cooked rice*

In a broiler pan, combine the shrimp, scallops, green pepper and onion. Dot with butter. Sprinkle with garlic powder. Add the lemon juice.

Broil five inches from the heat source until the green pepper and onion are tender, stirring every 5 minutes and basting with pan juices.

Add the tomato wedges during the last 10 minutes of cooking time.

Serve over rice.

Per Serving (excluding unknown items): 245 Calories; 3g Fat (11.1% calories from fat); 43g Protein; 9g Carbohydrate; 1g Dietary Fiber; 210mg Cholesterol; 355mg Sodium. Exchanges: 6 Lean Meat; 1 Vegetable.