

Seafood Skillet

Taste of Home One-Dish Meals

Servings: 3

1/4 cup carrot, chopped
1/4 cup celery, chopped
1/4 cup onion, chopped
1/4 cup sweet red pepper, chopped
1/4 cup whole kernel corn, frozen
1/4 cup fresh mushrooms, sliced
2 tablespoons canola oil, divided
1/2 pound fresh or frozen bay scallops, thawed
1/4 pound uncooked medium shrimp, peeled and deveined
1 teaspoon seafood seasoning
1 teaspoon soy sauce
1 package (3 oz) cream cheese, softened
1/2 cup milk
1/2 cup part-skim mozzarella cheese, shredded
1/8 teaspoon ground nutmeg
hot cooked pasta or rice

In a skillet or wok, stir-fry carrot, celery, onion, red pepper, corn and mushrooms in one tablespoon oil for 4 to 5 minutes or until crisp-tender. Remove to a bowl and keep warm.

Add remaining oil to the skillet; stir-fry scallops, shrimp, seafood seasoning and soy sauce for 3 to 4 minutes or until shrimp turn pink. Using a slotted spoon, transfer seafood to the bowl with the vegetable mixture.

In a small bowl, beat the cream cheese, milk, mozzarella cheese and nutmeg until smooth. Return seafood and vegetables to skillet; stir in cream cheese mixture and heat through.

Serve with pasta or rice.

Per Serving (excluding unknown items): 405 Calories; 38g Fat (81.7% calories from fat); 8g Protein; 11g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 377mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 7 Fat.