

CITRUS SCALLOPS

1 1/2 lb. sea scallops
2 tbsp. lemon juice
1 tbsp. fresh parsley, chopped
1 tsp. orange rind, grated
1/2 tsp. salt
1/8 tsp. pepper
2 cloves garlic, minced
1 tbsp. olive oil
1 tbsp. fresh parsley, chopped

You can serve these scallops over soba noodles.

Combine first 7 ingredients in a large bowl, stirring well to coat. Chill for 5 minutes. Heat oil in a large nonstick skillet over medium-high heat. Add scallop mixture; sauté 4 minutes, or until scallops are done. Top with parsley. Serves 4.

Recipe reprinted with permission from *Cooking Light*® magazine. ©1998

BOLLA®

LIVE PASSIONATELY, DRINK RESPONSIBLY.®
Imported by Brown-Forman Beverages, Louisville, KY ©2007