



Parmesan Crusted Broiled Scallops

Info:

Makes 4 Servings 190 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1/3 Cup Breadcrumbs
- ❖ 1 Tbsp Reduced Fat Grated Parmesan Cheese
- ❖ 1 Tbsp Parsley
- ❖ ¼ tsp Paprika
- ❖ 1 ½ lbs Scallops (thaw before cooking)
- ❖ Lemon Wedges (optional)

Preparation:



1. Preheat broiler
2. Combine all dry ingredients in a ziplock bag, add scallops and shake well until all are covered (scallops should be wet from defrosting)
3. Place on broiler pan in a single layer and broil 10 minutes
4. Serve hot with lemon