

Delicious!! These were so easy to prepare, perfect dish as an appetizer or as a main course.

Garlicky Lemon Scallops

- 1 tablespoon olive oil
- 1 1/4 pounds sea scallops dried with paper towel
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 4-6 garlic cloves, minced
- 1 large shallot, finely chopped
- Pinched ground sage
- 2 to 3 tablespoon lemon juice
- 2 tablespoons chopped parsley

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In a large non-stick skillet heat the oil. In medium bowl, toss the scallops with the flour and salt.

Transfer the scallops to the skillet. Add the garlic, shallot, and sauce. Sauté until the scallops are just opaque, 3 to 4 minutes. Stir in lemon juice and parsley. Remove and serve at once.



When thawing out scallops they should be refrigerated at or below 38 degrees. Running them in cold water will speed the process. Be sure to have the scallops in a sealed bag when doing this so you don't rinse out the flavorful juices.

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