

Baked Sea Scallops with Wilted Spinach

INGREDIENTS:

12 Large Sea Scallops
4 Roasted Red Peppers Skinned and Seeded
3 lb Fresh Spinach
1 tablespoon Minced Garlic
1 tablespoon minced Shallots
 $\frac{1}{4}$ cup White Wine
Pepper to Taste
Juice of $\frac{1}{2}$ Lemon
2 tablespoons Extra Virgin Olive Oil

DIRECTIONS:

1. Heat Olive Oil in medium sauté pan. Sweat garlic & shallots. Increase heat to high. Add wine, lemon juice, spinach. Cook until spinach wilts. Drain and cool slightly.
2. Preheat oven to 400 degrees.
3. Cut red peppers open and place on non-stick cookie sheet. Place small amount of spinach mix on and sea scallop on red pepper top. Season with pepper to taste. Top with a little more spinach mixture.
4. Bake in oven 8-10 minutes or until scallops are still slightly opaque in center. Don't over cook. Serve with herbed couscous and vegetable of your choice.

SERVINGS: 4

COOK TIME: 8 to 10 Minutes