

- » Nonstick vegetable cooking spray
- » 1 tbsp vegetable oil
- » 4 minced garlic cloves
- » 1 lb small scallops, rinsed
- » 1 tbsp cornstarch
- » 2 cups sliced mushrooms
- » 2 chopped tomatoes
- » 6 sliced green onions
- » 1 tbsp fresh chopped parsley
- » 1/2 tsp Italian seasoning
- » 1/2 tsp salt-free herb seasoning blend
- » 1/4 cup white cooking wine
- » 1 tbsp lemon juice
- » 8 oz. fettuccini noodles, cooked according to directions without salt or fat
- » 1/2 cup Parmesan cheese

Nutritional Content

Per Serving

Calories	430cal	Cholesterol	46mg
Protein	32g	Sodium	479mg
Carbohydrate	53g	Calories from Fat	21%
Fat	10g	Fiber	4g
Saturated Fat	3g		

In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. When hot, add minced garlic and sauté for 2 minutes. Add scallops; cook until opaque. Remove scallops from pan and set aside. Add cornstarch to juices in pan and stir constantly to thicken, 1 to 2 minutes. Add sliced mushrooms, tomatoes, green onions, chopped fresh parsley, Italian seasoning, and salt-free herb seasoning blend. Cook 3 to 4 minutes. Add white cooking wine and lemon juice. Cook 2 more minutes. Add scallops back and heat through. Serve over fettuccini noodles and top each serving with Parmesan cheese. Serves 4.

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