

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

## Nutritional Content

Per Serving

Calories	443cal	Cholesterol	46mg
Protein	32g	Sodium	480mg
Carbohydrate	54g	Calories from Fat	23%
Fat	11g	Fiber	4g
Saturated Fat	3g		

In a 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, tomato, 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 with Parmesan cheese. Serves 1.

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