

This quick 15-minutes recipe can be served as is, or with pasta!

## Garlic Scallops



### Ingredients:

- 1 lb. scallops
- 2 T. olive oil
- 1 T. butter
- 3 cloves garlic, minced
- ¼ c. white wine
- Pinch of cayenne pepper
- Salt and pepper to taste
- 1 T. chopped Italian parsley

### Directions:

1. Rinse the scallops with cold water and remove the tough ligament from the side of the scallops. Pat dry with paper towels.
2. Heat up a skillet on medium to high heat. When it's fully heated, add olive oil and butter. Sauté the garlic for a little bit and add the scallops, pan-sear until both surfaces turn brown.
3. Add the white wine, cayenne pepper, salt and pepper. Bring it to a light simmer or until the inside of the scallops are cooked through, about 10 minutes. Turn off the heat and serve immediately.

As a good source of lean protein, minerals and omega-3 fatty acids, seafood provides many health benefits, such as lowering the risk of heart disease and stroke, decreasing triglyceride levels and reducing blood pressure. The American Heart Association recommends eating seafood, especially fatty fish, at least twice a week to reap the many health benefits. Besides fish, crustaceans and shellfish can be part of a healthy diet. Crustaceans such as lobsters, crab, shrimp and crawfish are often prepared by steaming or boiling. Cooked crustaceans should have bright red shells and flesh should be opaque in color. Once thoroughly cooked, they can be added to the grill or sautéed quick to add more flavor.

Lobster and crab are similar in texture to white fish, and can be seasoned with citrus, herbs or butter-based sauces. Shrimp and crawfish are firmer like fatty fish and can withstand bolder flavors such as blackening spice mixes, jerk seasoning, Asian-inspired glazes and fresh fruit salsa toppings. Shellfish such as clams, mussels, scallops and oysters can be purchased fresh or frozen. If purchasing fresh, the shells should be closed, but if they shells are open, give them a quick tap, which should cause them to close shut. Discard any shells that remain open. Shellfish should be kept refrigerated in a dry, open pot or bowl until ready to use. Scrub and rinse shells to remove any grit and soak mussels and clams in fresh water for 20 minutes prior to cooking to help get out any sand that may be inside. Generally shellfish is steamed, and shells should open when cooked. Any shells that stay closed after cooking should be discarded. Shucked fresh or frozen shellfish can be sautéed or simmered in a sauce on the stove. Shellfish is often served over cooked pasta with sautéed vegetables.