



Marinated Grilled Scallops

4 servings

1-1/2 lb	Fresh scallops, raw
3 Tbsp	Honey
3 Tbsp	Prepared Yellow Mustard
1 tsp	Curry Powder
1 tsp	Lemon Juice



Preheat the oven broiler or outdoor grill to medium high heat. Rinse fresh scallops with cold water, and pat dry with paper towel. In a small saucepan, combine honey, mustard, curry powder and lemon juice. Simmer for about 5 minutes to blend flavors. Cool sauce. Arrange scallops on skewers on a plate and then brush them with sauce. Cook scallops about 4 inches from broiler element or grill heat source, for 6-8 min. or until lightly browned. Turn over, brush with more sauce and cook about 6-8 min. longer.

Recipe Nutrition per serving

260 calories; 38 gm protein; 18 gm carbohydrate; 2 gm total fat; 0 saturated fat; 0 trans fat; 93 mg cholesterol; 1 gm fiber; 566 mg sodium