

SCALLOPS WITH SPAGHETTI

Source: **QUICK COOKING** January/February 2003 (Susan D'Amore, West Chester PA)

Cook/Prep Time: about 1/2 hour

INGREDIENTS:

1 pkg (7 oz) spaghetti
1 lb sea scallops
4 garlic cloves, minced
2 TBS olive OR vegetable oil
1 TBS butter
1 1/2 C julienned carrots
1 1/2 C frozen French-style green beans, thawed
1 sweet red pepper, julienned
2 TBS lemon juice
1 TBS minced fresh parsley
1 TBS minced fresh basil OR 1 tsp dried basil
1/4 tsp salt
1/8 tsp pepper

DIRECTIONS:

Cook spaghetti according to package directions. Meanwhile, in large skillet or wok, stir-fry scallops & garlic in oil and butter for 5 minutes or till scallops are opaque - remove & keep warm.

In same skillet, stir-fry carrots, beans and red pepper till crisp-tender - stir in lemon juice, parsley, basil, salt & pepper. Drain spaghetti - add scallops and spaghetti to vegetable mixture - toss to coat. Serve.

Serves: 4