

## **SCALLOPS WITH LIME & HERBS**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

4 tsp Asian sesame oil  
3/4 lb green beans, cut into 2" lengths  
4-5 garlic cloves, minced  
2 summer squash, sliced  
1 C thawed frozen green peas  
1 TBS minced parsley  
1 TBS minced cilantro  
1 1/2 tsp minced fresh thyme (or 1/2 tsp dried)  
1 lb bay scallops  
1/2 C low-sodium chicken broth  
1/4 C fresh lime juice  
1 tsp salt  
1/4 tsp freshly ground pepper  
1 lime, sliced

### **DIRECTIONS:**

In large nonstick skillet, heat oil. Sauté beans & garlic till beans begin to soften (about 1 minute). Add squash, peas, parsley, cilantro & thyme - stir-fry till beans are almost tender-crisp (3-4 minutes more).

Add scallops - cook 1 minute longer. Pour in broth, lime juice, salt & pepper - bring to boil - remove from heat - add the lime & serve.

Makes 4 servings

(per serving: 210 calories; 7g total fat; 1g saturated fat; 45mg cholesterol; 891mg sodium, 17g total carbohydrates; 5g dietary fiber; 24g protein, 164mg calcium - WW points per serving: 4)