



♦ Barbecued Scallops Over Orzo ♦

336
CALORIES

11g
FAT


1
SERVINGS

INGREDIENTS

1/4 cup Zone PastaRx Orzo
2 cloves Garlic - 1 quartered, 1 minced
1 tsp Sage - or a sprig of fresh
to taste Salt and pepper
1/2 tsp Olive Oil
1 oz Scallop - small fresh
10 Medium mushrooms - whole

1/4 cup Onion – large chunks
1 spray Pam cooking spray
1/2 cup Watercress, washed and drained
2 Tbsp Lemon juice, fresh
1 tsp Dr. Sears' Zone Extra Virgin
Olive Oil

Barbecued Scallops Over Orzo: Instructions

1. Prepare the Zone PastaRx Orzo according to package directions with the addition of garlic and sage.
2. Drain the orzo in a colander and remove the garlic and sage.
3. Season with salt, pepper.
4. Meanwhile, wash scallops and pat dry with paper towel.
5. Heat 1/2 teaspoon of olive oil on med hi heat, add garlic, crushed red pepper and a couple of pieces of onions cook for 5 minutes. Add scallops and sear for 1-2 minutes until browned turn and heat until opaque, don't over cook.
6. Place mushrooms and onion on skewers. Lightly spray the kebabs with olive oil Pam.
7. Cook on a hot barbecue for about 7-10 minutes, turning until they're cooked through or sauté them in a small skillet until cooked through, opaque in color.
8. Serve the scallops and veggies on bed of orzo and watercress dressed with lemon juice and a 1 tsp drizzle of extra virgin olive oil, salt and pepper.