scallop bruschetta pasta with sweet peppers and provolone melt

TOTAL TIME
30 minutes
MAKES 4 SERVINGS

APRON'S ADVICE

Complete your meal with fresh salad blend and tiramisu for dessert. Use an electric knife to slice the melt. It makes a smooth slice and doesn't crush the bread.

SHOPPING LIST

Bakery
1 (8-oz) baguette

Dairy
4 slices (3 oz) provolone cheese

Dry Grocery
1 tbsp balsamic glaze (optional)
1 (10-oz) jar sweet pepper bruschetta topping
1 (24-oz) jar tomato pasta sauce
2 cups whole grain penne pasta

Produce
8 oz baby portabellas
1 medium sweet onion

Seafood
12 oz bay scallops

From Your Pantry
2 tbsp extra-virgin olive oil
nonstick aluminum foil
3 tbsp unsalted butter

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COOKING SEQUENCE

- Begin prep for pasta recipe; prepare cheese melts though step 2 - 10 minutes
- Continue pasta through step 3; then bake cheese melts - 10 minutes
- Complete sauce and serve - 10 minutes

scallop bruschetta pasta

INGREDIENTS

1 medium sweet onion, thinly sliced
8 oz baby portabellas, quartered
2 tablespoons extra-virgin olive oil
2 cups whole grain penne pasta
1/2 cup sweet pepper bruschetta topping
12 oz bay scallops (thawed; drained)
1 (24-oz) jar tomato pasta sauce

PREP

- Bring water to boil for pasta.
- Slice onion; cut mushrooms.

STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. Place oil in pan, then add onions and mushrooms; cook 2–3 minutes or until softened.
2. Cook pasta following package instructions.
3. Stir bruschetta topping and scallops into mushroom mixture; cook 3–4 more minutes or just until scallops are opaque.
4. Stir pasta sauce into scallops and reduce heat to medium-low; cook 2–3 more minutes or until thoroughly heated. Drain pasta. Serve scallops and sauce over pasta.

CALORIES (per 1/4 recipe) 610kcal; FAT 26g; CHOL 65mg; SODIUM 1100mg; CARB 58g; FIBER 8g; PROTEIN 39g; VIT A 15%; VIT C 90%; CALC 10%; IRON 40%

sweet peppers and provolone melt

INGREDIENTS

3 tablespoons unsalted butter
nonstick aluminum foil
1 (8-oz) Bakery baguette
1 tablespoon balsamic glaze (optional)
1/2 cup sweet pepper bruschetta topping
4 slices provolone cheese (3 oz)

PREP

- Cut butter into small pieces while placing in small bowl to soften.
- Preheat oven to 425°F. Line baking sheet with nonstick foil.

STEPS

1. Slice bread in half lengthwise (a serrated knife works best); place on foil.
2. Whisk butter and balsamic glaze, if using, until smooth. Spread butter over both halves of bread. Top with bruschetta topping and cheese slices (cut in half, if needed).
3. Bake 5–7 minutes or until cheese melts. Slice and serve.

CALORIES (per 1/4 recipe) 370kcal; FAT 23g; CHOL 40mg; SODIUM 670mg; CARB 33g; FIBER 2g; PROTEIN 10g; VIT A 10%; VIT C 50%; CALC 15%; IRON 10%

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