scallops in creamy basil sauce with italian side salad



APRON'S ADVICE

Prepared basil pesto makes a great seasoning. Use it in place of basil or Italian herbs.

SHOPPING LIST

Dairy

2 tsp basil pesto

Dry Grocery

1 cup Alfredo sauce

1/4 cup Italian salad dressing

1/2 lb angel hair pasta

1/4 cup artichoke hearts (optional)

2 tbsp olive oil

1/2 tsp roasted garlic

1/4 cup roasted red peppers (optional)

1/2 cup seasoned croutons

1/4 cup sliced green olives

Produce

4 plum tomatoes

1 bag (8-10 oz) romaine salad blend

Seafood

1 lb (30-40 count) whole sea scallops

Suggested Items

Italian bread mini cannoli



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COOKING SEQUENCE

- Prepare salad through step 2 10 minutes
- Prepare scallops 10 minute
- Complete salad and serve 5 minutes

scallops in creamy basil sauce

INGREDIENTS

2 tablespoons olive oil

1 lb sea scallops (thawed, if needed)

2 teaspoons basil pesto 1 cup Alfredo sauce

1/2 teaspoon roasted garlic 8 ounces angel hair pasta

STEPS

1. Fill large saucepan 1/2 full of water. Cover and bring to a boil on high for pasta. 2. Preheat large sauté pan on medium-high 2–3 minutes. Place olive oil, pesto, and garlic in pan. (Pan should sizzle.) Stir in scallops; cook 3–5 minutes, stirring often, or just until they turn milky white (or opaque) and firm. Be careful not to overcook. 3. Stir in Alfredo sauce. Reduce to low; simmer 2 minutes or until sauce is thoroughly heated. Remove from heat and let stand until ready to serve. 4. Stir pasta into boiling water. Boil 3 minutes, stirring occasionally, or until tender. 5. Drain pasta thoroughly. Serve scallops and sauce over pasta.

CALORIES (per 1/4 recipe) 480kcal; FAT 19g; CHOL 75mg; SODIUM 630mg; CARB 48g; FIBER 2g; PROTEIN 29g; VIT A 8%; VIT C 6%; CALC 8%; IRON 10%

italian side salad

INGREDIENTS

1/4 cup canned artichoke hearts 1 bag romaine salad blend (8–10 oz) 1/4 cup roasted red peppers 1/2 cup seasoned croutons

4 plum tomatoes (rinsed) 1/4 cup sliced green olives 1/4 cup Italian salad dressing

STEPS

- $1.\ Dice\ artichokes\ and\ peppers\ into\ small,\ bite-size\ pieces.\ Quarter\ tomatoes\ lengthwise,\ if\ desired$
- 2. Place salad blend, artichokes, peppers, tomatoes, and olives in salad bowl; chill until ready to serve. 3. Add croutons and salad dressing; toss and serve.

CALORIES (per 1/4 recipe) 130kcal; FAT 8g; CHOL 0mg; SODIUM 610mg; CARB 12g; FIBER 2g; PROTEIN 3g; VIT A 35%; VIT C 45%; CALC 4%; IRON 6%