

# SCALLOPS AND MUSHROOMS



## SERVING SIZE

4



## INGREDIENTS

### ITEM

Scallops  
Mushrooms, Sliced  
Olive Oil  
Fresh Parsley, Minced  
Garlic Cloves, Minced  
Lemon Pepper Seasoning

### QUANTITY

1 lb.  
8 oz.  
¼ cup  
4 Tbsp.  
2  
1 tsp.



## PREPARATION

- Clean the scallops and pat dry with paper towels.
- In a large skillet over medium heat, add half the olive oil.
- Sauté mushrooms for 4-5 minutes until tender. Remove and set aside.
- In the same skillet, add remaining olive oil and heat on medium-high.
- Add scallops in a single layer. Cook 2-3 minutes per side until golden and opaque.
- Return mushrooms to the skillet with scallops.
- Stir in minced garlic, parsley, and lemon pepper seasoning. Cook for another 1-2 minutes until fragrant.
- Garnish with additional parsley if desired. Enjoy!