

## Greek-Style Scallops

Serves 4 Active: 10 min/Total: 25 min

Serve with brown rice and steamed carrots.

4 tsp olive oil

1 lb sea scallops; if desired, trim large muscle if still attached

1 cup chopped onion

1 cup sliced mushrooms (about 3 oz)

2 large cloves garlic, minced

2 large tomatoes, seeded and chopped

2 tsp lemon juice

1 tsp chopped fresh oregano or  $\frac{1}{4}$  tsp dried

$\frac{1}{4}$  tsp each salt and freshly ground pepper

$\frac{1}{4}$  cup chopped fresh parsley

$\frac{1}{3}$  cup crumbled reduced-fat feta cheese

2 Tbsp pine nuts (pignoli), toasted (see Note) and cooled

1. Heat 2 tsp oil in a large skillet over medium-high heat. Add scallops and cook, stirring often, 5 to 6 minutes, until barely opaque at centers. Transfer scallops and any liquid to a bowl.

2. Heat remaining 2 tsp oil in pan over medium-high heat. Add onion; sauté 2 minutes. Add mushrooms; cook 3 minutes, stirring occasionally, until onion is tender. Add garlic; sauté 1 minute.

3. Stir in tomatoes, lemon juice, oregano, salt and pepper. Cook 3 minutes, stirring occasionally, until tomatoes soften. Stir in scallops, their liquid, and the parsley; heat through. Top servings with feta cheese and pine nuts.