



Healthy Eating & Weight Loss

Scallops with Sweet Potatoes

- 4 Medium Sweet Potatoes
- 1/2 cup fat free milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 tablespoon butter
- 1 pound large sea scallops, sliced into 1/4 inch thick rounds
- 2 scallions, sliced thin

Bake sweet potatoes in a 400 degree oven or in the microwave until tender (about 45 minutes in the oven or 6-7 minutes in the microwave) Scoop out the pulp of the potatoes into a medium bowl. Stir in milk and salt and pepper and beat with an electric mixer until smooth. Keep Warm

Heat butter in a large nonstick skillet and add the scallops turning once until just opaque (about 1 minute per side). Sprinkle with the scallions and serve with the sweet potatoes.

Makes 4 servings

233 calories per serving, 17 g protein

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