

Baked Scallops

★★★★☆

Delicious baked scallops with butter and garlic. Bay scallops are the little ones and they tend to be sweeter tasting than sea scallops.

By John Bragg

Prep: 30 mins

Cook: 20 mins

Total: 50 mins

Servings: 4

Yield: 4 servings



Ingredients

4 tablespoons butter, melted
1 ½ pounds bay scallops, rinsed and drained
½ cup seasoned dry bread crumbs
1 teaspoon onion powder
1 teaspoon garlic powder
½ teaspoon paprika
½ teaspoon dried parsley
3 cloves garlic, minced
¼ cup grated Parmesan cheese

Note from Susan:

I add 4 slices of crumbled bacon.

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C).

Step 2

Pour melted butter into a 2 quart oval casserole dish. Distribute butter and scallops evenly inside the dish.

Step 3

Combine the bread crumbs, onion powder, garlic powder, paprika, parsley, minced garlic and Parmesan cheese. Sprinkle this mixture over the scallops.

Step 4

Bake in pre-heated oven until scallops are firm, about 20 minutes.

Nutrition Facts

Per Serving: 363 calories; protein 31.3g; carbohydrates 15.6g; fat 19g; cholesterol 88mg; sodium 564.5mg.