



Scallop Kabobs

Instructions

1. Parboil green peppers for two minutes
2. Alternately thread green peppers, scallops, and tomatoes on skewers
3. Combine white wine, vegetable oil, lemon juice, garlic powder, and pepper
4. Brush kabobs with above mixture, place on grill (or under broiler)
5. Grill 15 minutes, turning and basting frequently

Tip

Scallops are an excellent source of vitamin B12, which is an important nutrient for cardiovascular health. It can decrease your chances of heart disease, heart attack, and stroke. Studies suggest eating foods high in omega-3 acids, such as scallops, can help lessen the cognitive decline and Alzheimer's disease. Omega-3 acids can also improve mood and reduce depression.

Yield: 4 servings—6 oz scallop kabob

Calories 244
Total fat 6 g
Saturated fat <1 g
Cholesterol 43 mg
Sodium 355 mg

Ingredients

- ❖ 3 medium green peppers, cut into 1½-inch squares
- ❖ 1½ lb fresh bay scallops
- ❖ 1 pint cherry tomatoes
- ❖ ¼ cup dry white wine
- ❖ ¼ cup vegetable oil
- ❖ 3 tbs lemon juice
- ❖ Dash garlic powder
- ❖ Black pepper to taste



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

