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.