



Lemon Garlic Scallops

Basic Lifestyle

INGREDIENTS

3 TBS unsalted butter, divided
16 sea scallops (about 1 pound), tough side muscle removed, patted dry
¼ TSP ground pepper
⅛ TSP salt
2 cloves garlic, minced
1 TBS lemon juice, plus wedges for serving
1 TBS finely chopped fresh flat-leaf parsley

INSTRUCTIONS

—Heat 1 TBS butter in a large nonstick skillet over medium-high heat. Sprinkle scallops with pepper and salt; cook until golden brown on the bottom, about 3 minutes.

—Flip scallops and add the remaining 2 TBS butter and garlic. Continue cooking, spooning the liquid over the scallops, until browned on the bottom and just cooked through, 2 to 3 minutes more.

—Remove from heat and stir in lemon juice and parsley. Serve with lemon wedges.

SERVING INFO: (Serves 4)

4 scallops = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).