

WARM SCALLOP-RICE SALAD

from Simply Light Cooking by *Weight Watchers*

¼ cup sliced, thoroughly washed leek (white portion only)
¼ cup diced red bell pepper
1 garlic clove, sliced
2 oz uncooked fast-cooking whole grain brown rice
5 oz bay or sea scallops (cut into quarters)
1 Tbsp lemon juice
2 tsp olive or vegetable oil
1-1/2 tsp red wine vinegar
1-1/2 tsp prepared horseradish
2 drops hot sauce
Mixed salad greens

1. In 1-quart microwavable casserole combine leek, pepper, and garlic; cover and microwave on High (100%) for 2 minutes, until leek is tender
2. Add rice and ¾ cup water and stir to combine; microwave (uncovered) on High for 5 minutes, stirring once halfway through cooking. Cover and microwave on Medium (50%) for 3 minutes
3. Add scallops, cover, and microwave on Medium for 3 minutes. Let stand for 1 minute, until scallops are opaque.
4. Add remaining ingredients and stir to combine. Serve over greens of your choice.

Each serving provides: 1 fat; 1 protein; ½ vegetable; 1 bread

Per serving: 215 calories; 14 G protein; 6 G fat; 28 G carbohydrate; 31 MG calcium; 137 MG sodium; 23 MG cholesterol; 1 G dietary fiber.