

Stir Fry Scallops

Ingredients

1 lb. scallops
1 lb. fresh snow peas
1 lb. fresh mushrooms, sliced
1 small red bell pepper
1 small yellow bell pepper
1 small onion
1-2 Tbsp. vegetable oil

Marinade

2 Tbsp. soy sauce
2 Tbsp. lemon juice
4 Tbsp. rice vinegar
2 Tbsp. brown sugar
2 tsp. dry sherry
1 small garlic clove, crushed
1/8 tsp. ground pepper
1 ½ Tbsp. cornstarch

Directions

Rinse scallops well, pat dry. Wash and remove ends from snow peas. Slice mushrooms ¼" thick & cut peppers into ½" pieces. Mix marinade, divide in half.

Toss scallops with ½ of marinade, stir fry scallops in hot oil in wok until cooked (4-5 minutes). Remove scallops and set aside. Stir fry vegetables until tender and crisp.

Place all ingredients back into wok, add remaining marinade. Stir until heated through. Serves 4.

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