

## Uploaded to VFC Website January 2013

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

### Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=\_s-xclick&hosted\_button\_id=WGT2M5UTB9A78

**Note**: VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# Herbed Scallop Kebabs

Prep Time: 20 mins Cook Time: 12 mins Total Time: 32 mins

### Ingredients

- 3 tablespoon lemon juice
- 1 1/2 tablespoon thyme, fresh, chopped
- 2 teaspoon oil, olive, extra virgin
- 2 teaspoon lemon zest, freshly grated
- 1 teaspoon pepper, black ground, freshly ground
- 1/4 teaspoon salt, or to taste
- 1 1/4 pounds sea scallops, trimmed
- 1 medium lemon, cut into 8 wedges

### **Preparation**

- 1. Preheat grill to medium-high. Place a fine-mesh nonstick grill topper on grill to heat.
- 2. Whisk lemon juice, thyme, oil, lemon zest, pepper and salt in a small bowl.
- 3. Toss scallops with 2 tablespoons of the lemon mixture; reserve the remaining mixture for basting the kebabs. Thread the scallops and the lemon wedges onto four 10-inch-long skewers, placing 6 to 7 scallops and 2 lemon wedges on each skewer.

4. Lightly oil the grill rack. Cook the kebabs, turning from time to time and basting with the reserved lemon mixture, until the scallops are opaque in the center, 8 to 12 minutes. Serve immediately.

