

# Low-Point Seasoned Scallops with Quinoa

## Ingredients:

- 1 lb. wild caught sea scallops (in the freezer section)
- 2 Tbs "I Can't Believe It's Not Butter" spread
- 3 Tbs flour
- 1/2 tsp. thyme
- 1/2 tsp. oregano
- 1/2 tsp. salt
- \*Quinoa
- Almonds, chopped (optional)

Cook quinoa according to directions. Rinse and pat dry the scallops. In a large skillet, heat butter over medium-high heat. On a plate, combine flour, thyme, oregano, and salt. Roll scallops in flour mixture and add to skillet. Brown for 3 minutes on each side. Remove and enjoy!

\*Quinoa is an ancient grain from South America. It has a mild, slightly nutty flavor similar to couscous. Use in place of rice in soups and side dishes. Quinoa also makes a great hot breakfast cereal.

Total servings - 4

Serving size - 1 (3 scallops)

Points per serving - 2.5 - (Points per serving on 1/4 cup cooked quinoa- 5.6)

Points plus per serving - 3 - (Points plus per serving on 1/4 cup cooked quinoa - 6.8)

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

**"Where there is love, there is life." - Mahatma Gandhi**