

Scallops Provencal

- 1½ pounds scallops
- ½ cup all-purpose flour
- 2 tablespoon oil
- 4 tablespoon margarine
- 1 clove garlic, peeled and finely minced
- 2 tablespoons fresh lemon juice
- ½ cup parsley, finely minced
- Salt and pepper to taste

Wash and dry scallops. Roll scallops in flour. Heat oil with margarine over medium heat. Sauté garlic. Add scallops, stir-fry until firm, white and flecked with brown. Add lemon juice and parsley. Season with salt and pepper. Stir to blend. Serve over cooked pasta.

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*Recipe from "Chefs' Seafood Symposium" archives,
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