

Sautéed Scallops

This is a very simple recipe to make scallops for a quick dinner. Add a side and a salad and you are good to go!

Ingredients

2 tablespoons butter
1/2 tablespoon minced garlic
1/8 teaspoon salt
1 dash pepper
1 pound bay scallops
1/16 teaspoon red pepper flakes
1/2 tablespoon lemon juice
1 teaspoon onion powder (Optional 1 tablespoon minced onions)

Directions

Heat butter in 12 inch skillet.
Add garlic, onion, salt and pepper.
Stir and saute 1 minute.
Add scallops.
Stir and saute 4-6 minutes, until scallops are opaque.
Add red pepper flakes, and lemon, heat through.

From: Modified from <http://www.food.com/recipe/scallop-saute-25370>