



Grilled Scallop and Veggie Skewers

INGREDIENTS

8 wooden skewers	¼ cup olive oil
3 TBS lemon juice	2 TBS chopped fresh parsley
½ teaspoon fennel seed	½ teaspoon salt
2 cloves garlic; minced	1 lb large scallops, drained
10 oz mushrooms; halved	1 zucchini cut into ½ inch thick slices
2 cups cherry tomatoes	1 medium onion cut into 1-inch pieces

DIRECTIONS

Combine olive oil and next 5 ingredients in a small bowl. Place scallops, zucchini, onion and tomatoes in a large zip-top freezer bag. Add lemon juice mixture; seal bag and marinate in refrigerator 20-30 minutes. Remove scallops and vegetables from marinade, discarding marinade. Grill scallops and veggies. Grill onions and zucchini, over medium-high heat, turning once for 5 minutes. Add scallops, mushrooms and tomato to the heat. Grill, along with the onions and zucchini, turning once, until all are cooked through. Thread scallops and vegetables ¼-inch apart onto skewers. Serve hot. Makes 8 skewers; 120 calories each