

## Faux Fried Scallops



### Totals for 2 large or 5 small scallops:

Calories 41    Fat 1g    Fiber .5g    Carbs 3.7g

### *What you'll need:*

- |   |                                     |
|---|-------------------------------------|
| 1 Pound raw scallops (I always wash mine because occasionally they're gritty) | 1 T Lawry's seasoned salt           |
| 1 Cup skim milk   | 1 T Garlic powder (any brand)       |
| 1 Cup whole-wheat flour   | 2 tsp Tony Chachere's seasoning     |
| 1 Cup yellow cornmeal   | 1 tsp ground Thyme                  |
|   | 2 tsp Garlic salt                   |
|   | 1 Can butter flavored cooking spray |

One gallon size baggie

Cookie sheet

Nonstick metal cookie cooling rack

Aluminum foil

### *Let's get to cooking!*

1. Preheat oven to 350 degrees.
2. Place cooling rack on cookie sheet. (I ALWAYS cover my cookie sheet with aluminum foil for easy clean up.)
3. Place scallops in a bowl with skim milk to soak.
4. Put ALL dry ingredients in your gallon baggie and shake to mix thoroughly.
5. Take 4-5 scallops at a time and place in dry batter mix and shake until coated.
6. Place scallops on a paper plate and spray "up" side with cooking spray, then spray sides.
7. Lay the side with cooking spray "down" on cooling rack and spray "up" side with cooking spray so that all sides of the scallops are sprayed with cooking spray. (Cooking the scallops raised up on the cooling rack like this is what makes them crispy all over and almost identical to real fried scallops.)
8. Once all scallops have been breaded, sprayed and loaded on the cooling rack, bake for 20 minutes or until they're golden brown.
9. Serve hot with K LW Cocktail dipping sauce.

The Mississippi Gulf Coast and its fried seafood inspired this

**Kitty's Lighter Weigh** recipe!