

VITAMINSEA.
MAINE SEA VEGETABLES

Recipe

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BAKED SCALLOPS

1/2 cup Flour

2 tsp. Dulse Flakes

1/4 tsp. Pepper

4 tbs. Light Cream or Canned Milk

4 tsp. Fine Bread Crumbs

4 tsp. Butter

Pre-heat oven to 400. Roll 1 lb. of scallops in the mixture of flour, Dulse Flakes, and pepper. Place into 8"x8" pan, lightly covered with non-stick spray. Mix together cream/milk, bread crumbs and butter in separate bowl. Pour over scallops. Bake for 20- 25 minutes.