



Tangy Scallop and Vegetable Stir-Fry

INGREDIENTS

3 TBS soy sauce 2 teaspoons Hoisin sauce
3 TBS sesame oil 1 zucchini, cut into 1-inch chunks
1 yellow squash, cut into 1-inch chunks
10 pieces of butternut squash, roasted, cut into 1-inch chunks
10 mushrooms, sliced 10 cherry tomatoes, halved
½ small onion, sliced 1 clove garlic; minced
1-2 teaspoons fresh ginger; minced
1 lb bay scallops, drained
Fresh parsley for garnish

DIRECTIONS

Mix soy sauce and Hoisin in small bowl and set aside. Heat oil in wok or heavy skillet over high heat. Add vegetables, garlic and ginger and stir-fry until vegetables are crisp-tender, about 4 minutes. Add scallops and stir-fry until almost cooked through, about 1 minute. Add soy/Hoisin sauce mixture and stir for about 2 minutes. Transfer to platter and serve alone or over rice or glass noodles. Serves 4; 225 calories (without noodles or rice)