

Bacon-Wrapped Scallops

Ingredients:

- 20 fresh baby spinach leaves
- 10 uncooked sea scallops, halved
- 10 bacon strips, halved widthwise
- 4 lemon wedges

Directions:

1. Fold spinach leaf around each scallop half.
2. Wrap bacon over spinach and secure with a toothpick.
3. Place on baking sheet or broiler pan.
4. Broil 3-4 inches from the heat source for 6 minutes on each side or until bacon is crisp.
5. Remove toothpick and squeeze lemon over each.

For Our Program:

Nutrition Information:

Serving size = 2 each

Carbohydrates per serving = 0.2g