

SPAGHETTI & VEGETARIAN SKALLOPS

INGREDIENTS

- 12 oz** Kosher salt
- 12 oz** Spaghetti (whole-wheat **OR** gluten-free)
- 2 T** Olive oil (extra virgin)
- 1 can** Vegetarian Skallops (Worthington)
- 1/2 jar** Marinara Sauce

OPTIONAL GARNISH

- 1/2 C** Mozzarella (vegan shreds)
- Basil
- Red pepper flakes



DIRECTIONS

- 1 Bring a large pot of salted water to a boil
- 2 Add the pasta & cook as the label directs
- 3 Drain the pasta into a collander saving 1/2 C of the pasta water
- 4 Add 2 T olive oil into a medium size saute pan & heat to medium-heat
- 5 Place the scallops in the pan & brown on one side & then flip them & brown the other side
- 6 Remove scallops & place them on a double paper towel & place a single paper towel over them
- 7 Place the spaghetti, the browned scallops & the marinara sauce in a 3 quart pot at medium heat
- 8 Stir the mix & when the sauce bubbles take it off the stove top
- 9 Garnish with 1, 2 or all 3 choices - mozzarella grated cheese, red pepper flakes & basil

NOTE

- 1 4 servings
- 2 Picture denotes a homemade marinara sauce

