

SCALLOP AND ASPARAGUS SAUCE

1/3 c. olive oil
8 oz. thin asparagus, 1/2 in. pieces
3 minced garlic cloves
8 oz. scallops
1/2 t. salt
1/8 t. pepper
1/2 c. fresh basil
1/3 c. toasted pine nuts

Saute asparagus and garlic in hot oil about 4 to 5 minutes. Add scallops, salt and pepper and cook 2 minutes. Remove from heat and stir in basil. Add to hot cooked pasta and toss. Sprinkle with pine nuts. Makes 4 servings at 290 calories each.

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