

Polenta & Scallops

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Cooking time in minutes:

8 Microwave

7 Fry

15

Yield:	cups	16	12	8	4
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Bowl	quart	2			
Fry Pan with olive oil	#	1			

Scallops	frozen cups	4	3	2	1
Old Bay	spice	sprinkle			

Defrost scallops & Dry with paper towel

Sprinkle Old Bay on all sides of scallops

<https://www.food.com/recipe/microwave-polenta-for-two-375564>

Water	cups	8	6	4	2
Parley	spice TBSP	4	3	2	1
Salt	spice teasp	1	3/4	1/2	1/4

Add to bowl

Polenta	cups	4	3	2	1
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Add polenta (ground yellow corn) slowly while stirring

Microwave on high for 4 minutes & Sir

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<https://www.justalittlebitofbacon.com/brussels-sprouts-and-pancetta-over-polenta/>

Onions	chopped cup	4	3	2	1
Brussel Sprouts	cut/1/2 cups	4	3	2	1

Brussel Sprouts cut side down & Sauté for 5 minutes

Add scallops & Cook for 1 minute

Turn scallops over & Cook for 1 minute

Cheese, Parmesan	grated cups	2	1 1/2	1	1/2
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Add to bowl & Mix

Serve scollops/sprouts over polenta & Microwave for 1 minute

Serve &/or Add to container(s) & Frig for days or Freezer for months

NOTE: Gritts (ground white corn) can be subsituted for polenta