

Cancer Prevention and Wellness

Creamed Scallops with Corn and Spinach

This low-fat, yet creamy, take off on Seafood Newburg can be prepared in under 20 minutes. It offers a protein and vegetable serving and is terrific served over rice. Start the rice when you begin cooking the scallops, and everything will be ready at the same time.

Makes 4 servings

| | | | |
|------------------|---|---------|---|
| 1 Tbsp. | Unsalted butter | 1 cup | Frozen corn kernels |
| 1 bunch (6 to 8) | Green onions, white and light green parts thinly sliced | 1 cup | Thawed frozen chopped spinach |
| 1 ½ lbs. | Bay scallops | ½ cup | Milk |
| 2 Tbsp. | All-purpose flour | 1 | Cup peeled, seeded and diced tomatoes or one 14.5 oz. can diced tomatoes, drained |
| 1 Tsp. | Fresh thyme leaves | Dash | Worcestershire sauce |
| ½ Tsp. | Salt | 1 Tbsp. | Chopped fresh basil leaves |
| Pinch | Cayenne pepper | | |

Melt butter over medium-high heat in a large nonstick skillet. Add green onions and scallops; cook 2 to 3 minutes, until they begin to turn opaque. Add flour, tossing or gently stirring to combine, then add thyme, salt, and cayenne, stirring until blended. Stir in corn, spinach, milk, tomatoes, and Worcestershire sauce; bring to a boil, and cook 2 minutes or until slightly thick, stirring constantly. Remove from the heat, stir in the basil; serve immediately.

Per serving:

| Calories | Protein | Carbohydrates | Fat | Saturated Fat | Cholesterol | Fiber |
|----------|---------|---------------|------|---------------|-------------|-------|
| 281 | 33g | 24g | 6.5g | 0.5g | 58mg | 4g |

% of Calories: 33% Carbohydrate; 45% Protein; 22% Fat

Recipe by Laura Pensiero, RD

"Ask-the-Chef"- Go to www.mskcc.org and look under Wellness.



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