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/ Recipes / By Cooking Technique / By Course / By Ingredient / Grilling Seafood / Paleo-Friendly / Best Weeknight Seafood Recipes / Seafood / Favorite ( / Main Course / Recipes Ready in Under 30 Minutes / Top Summer Seafood Recipes / Grilled Scallops

(\) Ready In: 15 mins

Prep: 15 mins

△ Servings: 2

## Ingredients

16 (about 1 lb) Wegmans Fresh Sea Scallops, side-muscle removed, patted dry

Salt and pepper to taste

2 tsp Wegmans Organic Extra Virgin

## **Nutrition Information**

Nutrition Information is per serving

Omega-3 Fats	280.mg
Protein	30.g
Added Sugar	0.g
Fiber	0.g
Carbohydrate	8.g
Sodium	970.mg
Cholesterol	60.mg
Saturated Fat	1.g
Fat	5.g
Calories	190.

## **Grilled Scallops**





## Ingredients (2)

Wegmans Italian Classics Organic Olive Oil, Extra Virgin

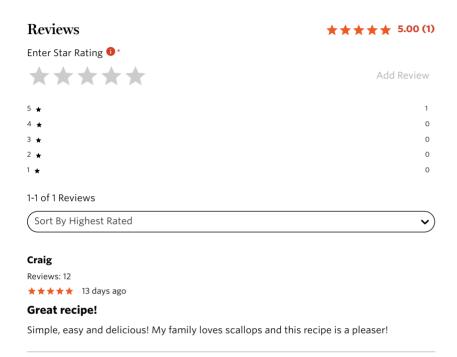
**\$7.99** / ea

Wegmans Fresh Sea Scallops, 15-20 count per lb **\$25.49** / ea

**Directions** VIEW STEP BY STEP



- 1. Preheat grill on HIGH 10 min. Place nonstick foil on cleaned grill grate. Season scallops with salt and pepper; drizzle both sides lightly with oil.
- 2. Add scallops to grill; close lid. Grill about 3 min. Turn over.
- 3. Grill about 1 min. Remove from grill (120 degrees).
- 4. Let rest 2 min (135 degrees).
- Chef Tip: \*Try replacing salt and pepper with any of our Seasoning Shak'rs.
   \*Finish with a drizzle of lemon juice. \*Fresh scallops can be replaced with frozen scallops.



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