

# BARBECUE SCALLOPS

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 4 (Serving= 1 skewer)*

## Nutrition (per serving)

Calories: 176

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 424 mg

Total Carbohydrate: 20 g

Dietary Fiber: 2 g

Protein: 15 g



## Ingredients

### *Barbecue Rub*

- 1 Tablespoon extra-virgin olive oil
- 2 Tablespoons brown sugar
- 1 ½ Tablespoons chili powder

### *Skewers (soak in water prior to grilling)*

- 20 sea scallops
- 2 oranges, peeled into segments

### *Garnish*

- 2 Tablespoons chopped fresh cilantro

- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

- 1 onion sliced into chunks
- Cooking spray



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## Directions

1. Pre-heat grill to medium-high heat.
2. Place barbecue rub ingredients in large zip-top bag. Add skewer ingredients (except cooking spray). Toss well to coat and place on skewer, alternating between ingredients.
3. Spray grill with cooking spray and place skewers on grill. Cook 3-5 minutes on each side. Scallops will get firm while they cook. If overcooked, scallops will be very chewy.
4. Garnish with cilantro.



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