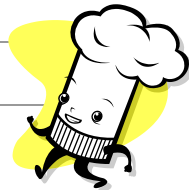

Garlic Shrimp or Scallops (or Chicken)



3/29/2011 Weight Watchers meeting

Ingredients:

- 1 ¼ Lbs. large scallops, medium shrimp, or chicken tenders
- 4 Casserole dishes sprayed with olive oil spritzer

Crumb mix:

- ½ Cup plain bread crumbs
- 4 Teaspoons olive oil
- 3 Cloves of garlic (or equivalent from jar of chopped garlic)
- 1 Teaspoon lemon rind
- 2 Tablespoons fresh lemon juice

Directions:

Mix and divide into 4 dishes.

Place individual dishes on a baking sheet.

Bake at 400° for 12-15 minutes for seafood, or at least 20 minutes for chicken.

Bake longer if using a single, larger casserole dish.

Makes 4 servings. 5 PointsPlus Value each for seafood or 6 PointsPlus Value each for chicken.

Recommended that you skip a starch with the meal when using a bread crumb mixture.

Instead, serve with vegetables that are 0 PointsPlus Value.