

SCALLOPS IN BROTH

Time: 20 minutes

Serves: 4

Ingredients:

4 cups vegetable stock
2 teaspoons ginger – finely chopped
1 clove garlic – finely chopped or grated
2 teaspoons soy sauce
Sugar substitute equivalent to 1 teaspoon sugar
4 leaves chard – roughly torn
2 ounces shitake mushrooms – stem discarded
8 ounces large scallops – sliced into medallions
½ teaspoon sesame oil
2 cups bean sprouts
Additional soy sauce or salt
4 green onions – sliced

Preparation:

Pour the stock into a large pot and bring to a boil.

Stir in the ginger, garlic, soy sauce, sugar substitute, chard and mushrooms. Return to mixture to a boil, then reduce heat to simmer for two minutes.

Add the scallops and simmer for thirty seconds.

Remove the pot from heat and stir in the bean sprouts.

Add soy sauce or salt to taste and serve topped with the green onions.

Nutritional Information Per Serving:

Calories: 83
Fat: 1g
Carbs: 7g
Fibre: 2g
Protein: 12g