



## **Baked Scallops**

4 servings

### **Ingredients**

- 1 lb scallops, cut in half
- 2 tbs. butter, melted
- ½ cup dry whole wheat bread crumbs

### **Preparation**

1. Preheat oven to 375 degrees.
2. Butter bottom of casserole dish and arrange scallops in dish.
3. Pour half the butter over the scallops.
4. Cover with bread crumbs.
5. Pour rest of butter over top and bake for 15 minutes.