



## Scallops With Delicata Squash, Bruschetta, and Feta Cheese

I love scallops and they are a high protein low calorie choice. I bought Delicata squash for the first time ever at the Farmer's Market and put together this simple recipe with amazing flavors.

### Ingredients:

- 1 small Delicata squash
- 8 ounces Scallops (thawed )
- 6 Tablespoons Trader Joe's Bruschetta
- 1 ounce Feta cheese crumbles
- Italian or Mediterranean seasoning blend
- Chili powder

### Directions:

1. Microwave the whole squash for 1 minute and allow to cool
2. Slice squash in half, scoop out the seeds and strings and place upside down in about ½ inch of water in a microwave safe dish
3. Microwave on high for about 10 minutes or until squash can be pierced with a fork
4. When cool enough to handle scoop out all of the insides and set aside
5. Meanwhile rinse and pat dry the scallops
6. Spray a 10 inch skillet with non-stick spray
7. Place the Bruschetta in the pan and heat on medium until hot and almost boiling
8. Season the scallops with the Mediterranean or Italian blend on both sides
9. Place in the pan, cover and allow to cook for 1-2 minutes on each side until just done
10. Meanwhile mash the squash and mix in the chili powder to taste
11. Place ½ cup of the hot squash in the bottom of each of two bowls
12. Top with the bruschetta and scallop mixture
13. Finally add ½ oz Feta cheese crumbles to each bowl
14. Serve hot

Nutrition: Makes 2 servings, each with approximately

- **193 calories and**
- **22 grams protein**