



## CREAMY SCALLOP & PEA FETTUCCINE

### INGREDIENTS

- 8 ounces whole-wheat fettuccine
- 1 pound large dry sea scallops, (see Note)
- 1/4 teaspoon salt, divided
- 1 tablespoon extra-virgin olive oil
- 1 8-ounce bottle clam juice, (see Tip)
- 1 cup low-fat milk
- 3 tablespoons all-purpose flour
- 1/4 teaspoon ground white pepper
- 3 cups frozen peas, thawed
- 3/4 cup finely shredded Romano cheese, divided
- 1/3 cup chopped fresh chives
- 1/2 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice



### METHOD

Bring a large pot of water to a boil. Cook fettuccine until just tender, 8 to 10 minutes or according to package instructions. Drain. Meanwhile, pat scallops dry and sprinkle with 1/8 teaspoon salt. Heat oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate. Add clam juice to the pan. Whisk milk, flour, white pepper and the remaining 1/8 teaspoon salt in a medium bowl until smooth. Whisk the milk mixture into the clam juice. Bring the mixture to a simmer, stirring constantly. Continue stirring until thickened, 1 to 2 minutes. Return the scallops and any accumulated juices to the pan along with peas and return to a simmer. Stir in the fettuccine, 1/2 cup Romano cheese, chives, lemon zest and juice until combined. Serve with the remaining cheese sprinkled on top.

**Note:** Be sure to buy “dry” sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops that have been treated with STP (“wet” scallops) have been subjected to a chemical bath and are not only mushy and less flavorful, but will not brown properly.

**Tip:** Some bottled clam juices are very high in sodium, so salt the recipe accordingly. We like the Bar Harbor brand (120 mg sodium per 2-ounce serving). Look for it in the canned-fish section or the seafood department of your supermarket.

Total cook and prep time: 40 minutes | Yield: 5 Servings (1 1/2 cups each)