



Recipe of the Week: Scallops

Ingredients:

- 2 lbs of scallops
- 3 tablespoons of butter
- Caribbean spice sauce
- White rice (optional)

Directions:

Turn on Disc-It to medium heat and melt butter. Add scallops and cook for about 5 minutes.

Pour a half of cup sauce over the scallops and cook for an additional minute.

Remove from heat. Eat as is or over rice.