

# Sea Scallops Stir Fry

New York Seafood Council

[www.nyseafood.org](http://www.nyseafood.org)

Recipe provided by Marty's Gourmet Seafood, Huntington, NY

## Ingredients

1½ pounds sea scallops (cut in half horizontally, if large)  
1 can baby corn  
¼ cup sesame seed oil  
1 bunch broccoli, fresh, cut in bite-sized pieces  
1 teaspoon ginger, fresh  
½ teaspoon garlic, chopped  
½ pound snow pea pods  
lite soy sauce to taste

## Preparation

*Heat oil in pan. Stir in garlic and ginger. Add vegetables and soy sauce to taste. Cook over medium heat, stirring, until vegetables are crisp tender. Add scallops and toss until scallops turn snow white. Do not overcook. Serve over white or brown rice.*

Makes 6 to 8 servings

