

Seafood Pasta

8 oz. imitation scallop meat
1 medium onion, chopped
1 small bell pepper, chopped
1 clove garlic, minced
1 tsp. oregano, dried
2 tbsp. olive oil
2 - 16 oz. cans diced tomatoes
Salt and pepper to taste
1 lb. angel hair pasta, cooked
Parmesan Cheese

In a skillet, combine oil, onion, bell pepper and garlic. Sauté until vegetables are tender. Add tomatoes, oregano, salt and pepper; bring to a boil for 1 minute. Reduce heat, simmer for 10 minutes. Add scallops and simmer 3 minutes. Serve sauce warm over pasta. Top with grated Parmesan cheese. Makes 3 servings.

Nutrition information per serving: calories 315; protein 18 grams; fat 7 grams; sodium 1114 mg