

Seafood Thermidor

1/2 lb. small scallops
1/2 lb. small shrimp
1/2 cup wheat bran
8 to 10 scallions, diced
1 clove garlic, minced or 1/2 tsp. garlic powder
1 tbsp. soft margarine
1 can reduced-fat condensed cream of mushroom soup
1/4 cup white wine
1/2 cup water
1/4 cup fat-free mozzarella cheese, shredded
1/4 cup bran
1/4 cup fat-free Parmesan cheese, grated
Parsley flakes
3 or 4 cups cooked rice

In ovenproof cooking dish over medium heat, sauté scallops, shrimp, 1/2 cup bran, scallions, and garlic in margarine. Add soup, wine, and water and simmer 20-30 minutes. Add shredded cheese and stir until melted. Sprinkle 1/4 cup bran on top of the seafood mixture, sprinkle the Parmesan cheese over the bran, and top with parsley flakes. Broil 2-3 minutes, until bran crust is golden brown. Serve over rice. Makes 8 servings.

Nutrition information per serving: calories 294; protein 27 grams; fat 5 grams; sodium 451 mg