

Baked Scallops with Artichoke Hearts and Asparagus Tips

Ingredients

Sea Scallops:

6 large sea scallops
2 tbsp butter, cut into thin slices
2 cloves garlic, minced
1 shallot, chopped
¼ tsp nutmeg, freshly grated or a
few pinches ground

Pinch of salt and pepper
1 tbsp extra-virgin olive oil

Vegetables:

10 asparagus stalks, cut tender tips
into 2-inch pieces

½ can quartered artichoke hearts
(about 6-8 pieces)

¼ lemon, juiced

Method

Season scallops with salt and pepper and arrange in middle of the convectionware pan with small space in between them.

Arrange asparagus and artichokes around the scallops. Add garlic and shallots, butter and drizzle with olive oil. Place butter on scallops and vegetable. Sprinkle with nutmeg.

Secure convectionware lid and bake in a 450 degree oven for 12 minutes.