

# Riverview Wellness Center

## Recipe

Client Name:

Recipe for: Shrimp and Scallop Dinner

Ingredients:

- 1 Reynolds Hot Bags Foil Bag, large size
- 1 lb peeled, deveined, medium, uncooked shrimp
- 1 lb sea scallops
- 1 c ups instant rice, cooked
- 1 c up chicken broth
- 1 c up melted butter
- 2 Tbsp worcestershire sauce
- 1 tsp hot sauce
- 1/4 sp each salt, black pepper and cayenne pepper
- 1/4 sp dried oregano
- 3 cloves garlic, minced
- 1 lemon, quartered

Preparation: Preheat grill to medium high or oven to 450 degrees F.

Open foil bag and spray inside with nonstick cooking spray. Combine all ingredients except lemon. Spoon mixture into bag in an even layer. Top with lemon. To seal, double fold open end of bag. Place in 1 inch deep pan. Slide foil bag onto grill or leave bag in pan and place in oven.

Grill 15 to 20 min. on covered grill OR Bake 25 to 30 min. in oven.

Use oven mitts to open foil bag with a sharp knife. Carefully fold back top of bag allowing steam to escape.