

Steamed Garlic and Herb Scallops with Veggies {Paleo}

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-steamed-vegetable-herb-recipe>

Ingredients:

- 1/3 cup water or broth
- 1 tablespoon oil
- 1 tablespoon lemon juice
- sea salt
- 1/4 teaspoon dried basil each, and onion salt
- 1/4 teaspoon minced garlic
- 1 scallops serving, 4-5 medium to large, we use sizzlefish
- dressing
- garlic
- balsamic
- 1 cup veggies favorite, or spinach greens, chopped

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 4 grams
8. Sodium: 810 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Steamed Garlic and Herb Scallops with Veggies {Paleo} above. You can see more 17 brazilian steamed vegetable herb recipe They're simply irresistible! to get more great cooking ideas.