



COQUILLES SAINT JACQUES YOGHURT

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Ingredients:

Maine Sea Scallops	2 lbs.	Pepper	1/4 tsp.
Dry white wine	1 cup	Fresh thyme	1/4 tsp.
Lemon juice	2 Tbsp.	Swiss cheese	1/2 cup, shredded
Mushroom caps, drained	1, 4-oz. can	Plain yogurt	1 cup
Butter	2 Tbsp.	Parmesan cheese	1/4 cup, grated
Flour	2 Tbsp.	Breadcrumbs	1/2 cup
Garlic salt	1/2 tsp.		

Directions:

Poach the scallops in a combination of the wine, lemon juice and mushroom caps for 5-10 minutes.

Reserve the liquor.

In a separate pot, make a white sauce by melting the butter, stirring in the flour, garlic salt, pepper and thyme. Then add the scallop liquor and heat until thickened. Stir in the Swiss cheese and yogurt, then add the scallops. Put into individual lightly buttered ramekins or a shallow, buttered pan. Sprinkle with Parmesan cheese and breadcrumbs. Broil until browned. Serves 4.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.