

How To Cook Scallops

BAKING SEA SCALLOPS

Preheat oven to 425°F

Bake in preheated oven until scallops become opaque in color, about 11 to 14 minutes.

GRILLING SEA SCALLOPS

Over a medium heat, grill scallops for 6 to 8 minutes, 3-5 minutes per side, or until opaque.

PAN- SEARED SCALLOPS

Heat olive oil in a skillet over medium-high heat.

Sear scallops for 3-4 minutes per side or until opaque.

