

# CREAMY PASTA WITH SCALLOPS AND BRUSSEL SPROUTS

Preparation: 20 minutes | Cooking: 16 minutes | Servings: 4

## INGREDIENTS

*1-pound dry baby scallops, muscle removed*  
*8 ounces whole-wheat linguini*  
*4 ounces bacon (4 slices), chopped*  
*4 cups shredded Brussels sprouts*  
*½ cup dry white wine*  
*½ cup half-and-half*  
*¼ cup finely chopped shallot*  
*1 tablespoon grapeseed or avocado oil*  
*½ teaspoon ground pepper*  
*2 cloves garlic, minced*  
*Pinch of salt*  
*Chopped fresh parsley*



## INSTRUCTIONS

Bring a large pot of water to a boil over high heat. Cook the pasta to package directions or to desired texture. Drain and then cover to keep warm. Meanwhile, cook your bacon in a large skillet over medium heat, flipping and moving until crisp, about 4-6 minutes. Transfer to a paper towel-lined plate with a slotted spoon. Pat your scallops dry and season them with ¼ teaspoon pepper and salt. Increase your pan to medium-high heat and add your scallops to the pan. Cook, flipping and stirring occasionally, until opaque, about 3 minutes. Transfer to a clean plate with a slotted spoon. Add oil and Brussels sprouts to the pan; cook, stirring occasionally, until tender-crisp, about 4-6 minutes. Add the shallots and garlic, and cook, stirring frequently, until fragrant, about 30 seconds. Return the scallops and any accumulated juices to the pan, and stir to combine. Pour in the wine and cook, scraping up any browned bits, until most of it has evaporated, about 1 minute. Stir in your half-and-half and the remaining ¼ teaspoon of pepper; cook for about 1 minute. Add the pasta to the pan and toss to coat. Serve your dish topped with bacon and parsley. Enjoy!