



Vege Scallops

1 can (19 ounce) Heritage Vege-Scallops, drained
1 cup flour
1 tablespoon Vegetarian Express Lemony Dill Zest
1 cup popcorn (can substitute cracker or bread crumbs)
1 egg, beaten

Citrus Cream Sauce:

1/4 cup raw cashews
1 orange, juiced
1 lemon, juiced
Water to equal $\frac{3}{4}$ to 1 cup when combined with juices
1/2 teaspoon sea salt

Directions: Place popcorn in food processor and chop finely. Mix with flour and Lemony Dill Zest. Dip Vege-Scallops in flour mixture, then egg, then in flour mixture again until well coated. Fry in lightly oiled skillet until browned on all sides.

In the meantime, combine the raw cashews, citrus juices and water, and sea salt. Blend in a high speed blender until smooth. Pour in saucepan and simmer until desired consistency. Serve over Vege-Scallops.

Submitted by S. S. of North Carolina