

Penne with Scallops and Broccoli

Submitted by Linda Lopos

Ingredients:

- 2 large bunches broccoli crowns
- 1/3 cup oil
- 4 large cloves garlic, chopped/pressed
- 1 – 1 ½ lbs. Bay scallops
- ½ C sun-dried tomatoes packed in oil, drained
- Juice of ½ fresh lime (or use whole lime if desired)
- 8 oz. (half box) of penne pasta, cooked (according to directions on box) and drained

Preparation

Cut broccoli flowerets from stems. Place in a microwave safe dish with ¼ cup water. Cover and cook on high 5 – 8 min. Set aside (Do not drain). In a large frying/sauté pan, stir fry garlic and scallops 1 - 2 min. Do not overcook scallops. Add sun-dried tomatoes, broccoli with water, cooked pasta and lime juice. Toss and cook for a few *minutes on low to blend flavors. Salt and pepper to taste.*

The undefiled beauty of fasting is the pure mother of character. It causes philosophy to gush forth, and offers a crown. It negotiates Paradise for us and grants a paternal family for those who fast. Of this Adam was deprived, and he attracted death when he dishonored the worth of feasting. For at the time when it was treated scornfully, The God of all, the Creator and the Master was at once displeased. To those who honor it He grants eternal life.

Kontakia of Romanos.