



Sweet & Sour Vege-Scallops

1 can (19 ounce) Heritage Vege-Scallops, drained
1 can (20 ounce) pineapple chunks, save juice
1 red bell pepper, chopped
1 egg, beaten
2 tablespoons soy sauce
5 tablespoons cornstarch
2 tablespoons baking powder
Salt to taste
1 tablespoon sugar or to taste
Rice vinegar to taste

Directions:

In a bowl mix the egg, soy sauce, 3 tablespoons cornstarch and 1 tablespoon baking powder. Add the Vege-Scallops, stir to coat and let sit for about 1 hour.

In a separate bowl combine 3 tablespoons cornstarch with 1 tablespoon baking powder. When ready to cook, add a few Vege-Scallops at a time and dust with dry mixture. Fry in lightly oiled skillet until browned.

In a separate pan bring to a boil the pineapple juice, salt, sugar, and rice vinegar. Mix 1-2 tablespoons cornstarch in a small amount of water until dissolved. Add to the sauce and let thicken. Add the pineapple chunks and diced bell pepper. Simmer for a few minutes and add the fried Vege-Scallops. Serve with rice.

Submitted by Norma S. of North Carolina