

# Fettuccine with Calico Scallops & Arugula

## Servings: 4

*1/2 pound Calico Bay Scallops*  
*2 tablespoons Extra Virgin olive oil*  
*1 1/2 cups roast garlic sauce (recipe included)*  
*1 pound fettuccine (fresh preferably)*  
*2 handfuls arugula*  
*2 heads roasted garlic*  
*1 quart water*  
*4 ounces butter*  
*4 ounces flour*  
*salt & pepper (to taste)*

Cook fettuccine (preferably fresh).

Split the garlic in half & roast (skin included) under soft & tender (15-20 minutes).

Put into quart of water.

Simmer for 1/2 hour.

Make rye with the flour & butter to thicken water.

Strain the sauce.

Heat a sauce pan.

Make sure Calico Bay Scallops are dry & salt & pepper (to taste) & sautee for 1 minute.

Add sauce & fettuccine.

Season to taste.

Drop arugula in to wilt from heat of the pasta.

Serve hot from sauce pan.

## Pasta

Per Serving (excluding unknown items): 366 Calories; 30g Fat (73.1% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 242mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 6 Fat.