


CHEF TOM'S FIGHTING ILLINI SKILLET

WINDSOR
SENIOR LIVING

 A WATERMARK RETIREMENT COMMUNITY

SERVES 4

16oz of 20-count peeled and deveined shrimp
8oz medium scallops
8oz thinly sliced kielbasa
4oz green bell pepper, diced

4oz grape tomatoes, rough cut
2oz whole kernel corn, fresh or frozen
1 clove garlic, minced
4oz spring onions, diced
2 Tbsp olive oil

Heat olive oil over medium heat in large skillet. Add minced garlic and spring onions. Stir in shrimp, scallops, kielbasa and peppers for 4 – 5 minutes. Add tomatoes and whole kernel corn until cooked through. Deglaze with your favorite white wine. Serve over rice, pasta or spaghetti squash.

