



## **Sweet & Sour Vege-Scallops**

1 can (19 ounce) Heritage Vege-Scallops or Loma Linda Vegetable Skallops, 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*