



### **Stir Fry Skallops**

- 1 can Worthington Vegetable Skallops
- 1 small onion, finely chopped
- 2 tomatoes, chopped
- 1 bag frozen green pepper and onion blend
- 1 tablespoon soy sauce

In large skillet, sauté the onion and tomato in olive oil.  
Add the green pepper and onion blend, and one can of Vegetable Skallops, whole or sliced  
Simmer 8-10 minutes. Add soy sauce, salt and pepper to taste.

*Submitted by N.A. of North Carolina*