

Very Healthy Party Platter



INGREDIENTS

PROTEIN

Sea scallops
Shrimp (cleaned & deveined)
Cala-mari rings
Chicken cutlet (sliced to make it look like tenders)

VEGETABLES

Spanish onions (sliced and separated into rings)
Zucchini (sliced lengthwise into sticks)
Mushrooms (sliced about ¼ " thick)
Baby Eggplant. (peeled, sliced into round ¼ " round disks, soaked in water for an hour to remove the bitter taste)

DRY RUB

1 envelope of non-fat powdered milk
1 tablespoon Onion powder
3 tablespoons minced onion
6 tablespoons granulated garlic powder
1 pinch Cajun spices (optional)
1 teaspoon Salt
1 teaspoon Pepper
3 tablespoons Paprika
Mix all of the above ingredients together with a wire whisk.

DIRECTIONS

Pre-heat oven to 375°. Prepare cookie sheets by spreading a thin coating of Olive Oil or Sesame Oil with a paper towel. (This method keeps the fat content minimal and it spreads evenly on the cookie sheet.)