

SEARED SCALLOPS & HERBS

Time: 20 minutes

Serves: 4

Ingredients:

1 pound large sea scallops
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
3 tablespoons extra virgin olive oil
2 teaspoons fresh lemon juice
8 cups herb salad or spring mix
½ cup Italian parsley leaves – torn
½ cup fresh mint leaves – torn
½ cup fresh basil leaves – torn
6 green onions – sliced diagonally

Preparation:

Preheat a heavy cast pan on high heat with one tablespoon of the olive oil.

Sprinkle the scallops with ¼ teaspoon of the salt and ¼ teaspoon of the pepper. Place in the heated pan for two minutes on each side. Remove the scallops from the pan and let rest.

Whisk together the balance of the salt, pepper and olive oil along with the lemon juice.

Toss the remaining ingredients with the dressing and plate next to the scallops.

Nutritional Information Per Serving:

Calories: 206
Fat: 11g
Carbs: 5g
Fibre: 0.4g
Protein: 21g