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🍴 “Meals in Minutes”

Grilled Sea Scallops with Warm Lemon Vinaigrette Salad of Mixed Field Greens, Red Pepper, Avocado and Red Onion In White Wine Vinaigrette Grilled Ciabatta Bread

- 1 pound dry sea scallops* (15-25 per pound depending on size)
- olive oil for brushing scallops
- salt and freshly ground pepper

*Dry sea scallops are scallops which have **not** been soaked in any solution to extend freshness, or scallops that have not had water added.

Place small amount of olive oil on large plate; place scallops on plate turning to coat each side, sprinkling each side with salt and pepper.

- 1 package washed salad greens of your choice
- ½ red pepper cut into strips
- 1 avocado, cubed
- thinly sliced red onion
- (above can be vegetables of your choice)

Prepare salad (without dressing) before grilling scallops and place in large bowl ready to toss with vinaigrette when scallops are done. Slice bread and brush each side with olive oil.

Vinaigrette

- ¼ cup white wine vinegar
- 1 teaspoon Dijon mustard
- Kosher salt and freshly ground pepper
- ¾ cup olive oil
- 1 lemon (for zest), parsley (optional)

**In shallow bowl whisk vinegar, mustard, salt and pepper to combine. In a steady stream, add olive oil, whisking constantly until mixture emulsifies (becomes creamy).

**Alternate preparation – place vinegar, mustard, salt, pepper in medium screw top jar. Shake to combine. Pour in olive oil; shake again. Refrigerate and re-shake when ready to use.

Heat grill pan or large non-stick skillet to medium high. Remove ½ cup vinaigrette from container and place in small skillet over low heat; add ½-1 teaspoon grated lemon zest and 1 teaspoon of chopped parsley (if on hand). Place scallops on grill pan or in skillet and cook 2 minutes on each side, turning only once (may need to cook 3 minutes on one side if very large). Grill bread. While scallops are finishing, toss salad with vinaigrette. Place on dinner plates. Remove scallops from grill pan; place on plate and spoon a little of the warm lemon vinaigrette over and serve with grilled bread.

