*Recipes from **Healthy in a Hurry** by Karen Ansel & Charity Ferreira. Published by Weldon Owen Publishing, San Francisco, CA. Copyright 2012. Reprinted with permission of the publisher. All rights reserved.*

Seared Scallops with Oranges

Makes 4 servings

Oranges, scallops, and even onions are at their best in the wintertime, and these lively flavors will help brighten up a gloomy evening. Take care not to overcook the scallops, as they go quickly from perfectly tender to tough and chewy.

Red onion, 1/2, thinly sliced
Rice vinegar, 4 tsp
Oranges, 3
Capers, 1 Tbsp drained and rinsed
Extra-virgin olive oil, 2 Tbsp
Sea scallops, 1 lb (500 g), 1-1/2 - 2 inches (4 - 5 cm) in diameter
Salt, 1/4 tsp
Freshly ground pepper, 1/4 tsp, plus more to taste
Fresh flat-leaf parsley or mint, 2 Tbsp chopped

1. Put onion slices in a colander and rinse well under cold running water. Drain thoroughly, then transfer to a small bowl and stir in rice vinegar. Set aside.

2. Remove 1 teaspoon finely grated zest from 1 orange; set zest aside. Using a sharp knife, cut a thin slice off both ends of each orange, then cut away peel and bitter white pith, following the fruit's curve. Cut oranges in half lengthwise, then slice crosswise into thin half-moons. In a bowl, combine orange slices with reserved zest, capers, and 1 tablespoon of olive oil. Set aside.

3. Sprinkle scallops with salt and 1/4 teaspoon pepper. Heat remaining 1 tablespoon olive oil in a large nonstick frying pan over medium-high heat. Add scallops and cook, turning once, until browned on both sides and opaque in center, 4 - 5 minutes total.

4. Add onion (with vinegar), parsley, and a few grindings of pepper to orange mixture and toss gently to combine. Divide orange salad among 4 dinner plates and top with warm scallops, dividing them evenly. Serve right away.

Seared Scallops with Oranges, continued on Page 2

Seared Scallops with Oranges, Page 2

If you think scallops are only for fancy affairs, think again: they are a versatile and quick-cooking protein. Serve them over a simple orange salad for a refreshing, low-calorie meal.

Sea Scallops

- ☒ Extremely lean source of protein
- ☒ Excellent source of vitamin B12, an important nutrient for heart health
- ☒ Good source of selenium, an antioxidant that may protect against cancer

Per Serving: *190 calories, 15 g protein, 17 g carbs, 7 g fat (1 g saturated fat), 25 mg cholesterol, 3 g fiber, 660 mg sodium*