



Grilled Scallops with Salsa Verde

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Simple grilled scallops with roasted or fresh salsa verde.

Prep time: 15 mins Cook Time: 10 mins Total Time: 25 mins

Serves 6

Ingredients:

Salsa Verde:

1 ½ pounds (.67 kg) tomatillos, husks removed, halved

½ medium white onion, peeled and quartered

½ medium jalapeno, stemmed and seeded

3–4 cloves garlic, peeled

¾ cup (175 mL) fresh cilantro leaves

Zest and juice of 2 medium limes

1 teaspoon (5 mL) kosher or sea salt

Pinch granulated sugar (optional)

Grilled Scallops:

2 pounds (.9 kg) sea scallops, cleaned and patted dry

2 tablespoons (30 mL) olive oil

½ teaspoon (120 mL) kosher or sea salt

½ teaspoon (120 mL) freshly cracked black pepper

Instructions:

1. To make raw salsa verde: place all salsa verde ingredients in the bowl of a food processor and process until smooth, scraping the sides as needed. Taste and adjust seasoning, if necessary. To make roasted salsa verde: preheat the oven to 400 degrees. Place the tomatillos, onion, jalapeno and garlic on a baking sheet and toss with 1 tablespoon olive oil. Roast 10-12 minutes or until the vegetables are caramelized. Let cool, then transfer the roasted vegetables to the bowl of a food processor, along with the cilantro, lime, salt and sugar (if using), and process until smooth, scraping the sides as needed. Taste and adjust seasoning, if necessary. Refrigerate until ready to use.
2. To make the scallops: preheat the grill or grill pan to medium heat. Brush the scallops with most of the olive oil, then season with salt and black pepper. Once the grill or grill pan is hot, brush with the remaining olive oil, then place the scallops on the grill or grill pan. Cook 2-3 minutes per side or until scallops are lightly firm. Remove and top with salsa verde.

Cooking Tip: If you have leftover salsa verde, you can serve it on tacos, nachos or enchiladas or on top of fish, chicken or steak.

Nutrition:

Serving Size: 1/6 of recipe

Calories: 201

Sugar: 4g

Sodium: 428mg

Fat: 6g

Saturated Fat: 1g

Unsaturated Fat: 5g

Trans Fat: 0g

Carbohydrates: 12g