

## Scallops

WITH MINT VINAIGRETTE & PEA PURÉE

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

**3** minutes per side, until golden brown and barely firm to the touch. Transfer scallops to a plate.

**FOUR:** In a small bowl, whisk together remaining 4 tsp oil, lemon juice, vinegar, 1 tsp water, mint, honey and remaining 1/2 tsp salt.

**FIVE:** To serve, spoon 1/2 cup pea purée onto each of 4 plates and top with 4 scallops. Spoon 2 tsp vinaigrette over top of scallops and serve.

**Nutritional Bonus:** Green peas offer loads of protein, fiber, vitamin K and C, manganese, and B-vitamins. Folate promotes healthy red blood cell formation while vitamin B<sub>6</sub> helps keep your blood glucose levels within a normal range.

**ONE:** Heat a skillet on medium-low. Add 1 tsp oil and swirl to coat skillet. Add leeks and 1/2 tsp salt and cook, stirring occasionally, until leeks are softened and just starting to brown. Add thyme, peas and milk. Increase heat to medium and cook, stirring, until peas are heated through, about 5 minutes. Remove mixture from heat.

**TWO:** Scrape pea-milk mixture into a blender and purée until smooth, adding a bit more milk to thin, if necessary.

**THREE:** Heat a large clean skillet on medium-high. Add 1 tsp oil and swirl to coat pan. Add scallops, leaving a bit of space between each to prevent steaming. Sear scallops for about

**INSTRUCTIONS:**

FOLD LINE

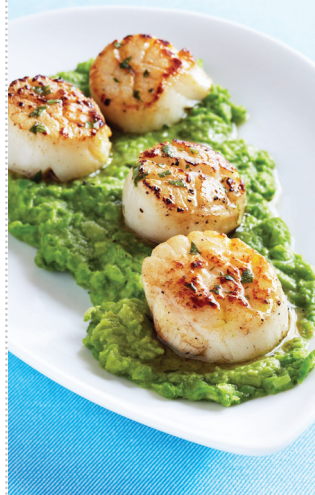
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### SCALLOPS WITH MINT VINAIGRETTE & PEA PURÉE

Serves 4. Hands-on time: 30 minutes. Total time: 30 minutes.



#### INGREDIENTS:

- 6 tsp olive oil, divided
- 2 leeks, trimmed, rinsed and thinly sliced
- 1/4 tsp sea salt, divided
- 1 tsp fresh thyme leaves
- 2 cups frozen green peas
- 3/4 cup low-fat milk, plus additional if needed
- 1 lb sea scallops
- 1 tsp fresh lemon juice
- 2 tsp white wine vinegar
- 1 tsp minced fresh mint
- 1/2 tsp raw honey

#### Nutrients per serving (4 scallops, 1/2 cup pea purée, 2 tsp vinaigrette):

Calories: 259, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 5.5 g, Polyunsaturated Fat: 1 g, Omega-3s: 376 mg, Omega-6s: 802 mg, Carbs: 22 g, Fiber: 4 g, Sugars: 8.5 g, Protein: 24 g, Sodium: 449 mg, Cholesterol: 40 g