

# Seared Scallops

Tender Scallops in a Creamy Lemon, Garlic & Chive Sauce



For this recipe, we're using BIG jumbo scallops. Though you can definitely use smaller ones, which'll give you more bang for your buck, I wanted to come at these as a special occasion appetizer that you'd put out for a snazzy dinner party. For you folks who've never cooked scallops before, IT'S SO SIMPLE! They cook just as fast as shrimp, and have a wonderful natural flavor, that's like taking a bite of the ocean. The addition of a light and creamy lemon chive sauce is just frosting on the cake.

## Servings Info.:

Yield: 16 Scallops

Servings: 16

Serving Size: 1 Scallop

The listed points assume 1.5 pounds of scallops, to get 16 jumbo scallops



Range

0-1

- last checked 01/07/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Scallops:

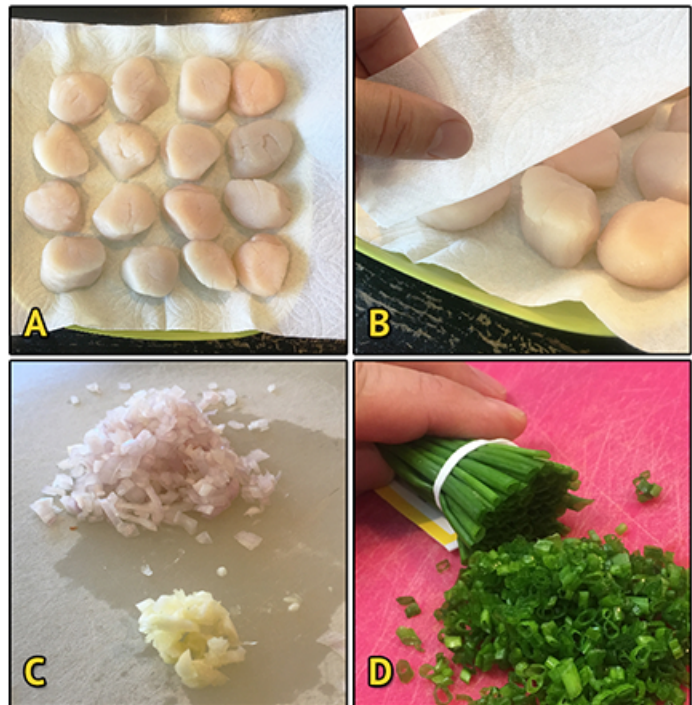
- 16 large (colossal) scallops, around 1.5 pounds
- 1 tsp olive oil. Try to get a bottle that says 'robust' flavor.
- olive oil cooking spray
- salt and pepper

### Creamy Lemon Garlic Sauce:

- 1 Tbsp I Can't Believe It's Not Butter LIGHT (*melted in a cup*)
- 1 tsp olive oil (I know, I can't believe I used it either)
- 1/2 cup unsweetened plain almond milk
- 2-1/2 Tbsp lemon juice
- 1 tsp finely chopped lemon zest (optional, but awesome)
- 8 seconds spray, butter flavored cooking spray
- 1-1/2 tsp cornstarch, dissolved into 1 tsp water
- 2 Tbsp finely chopped shallots
- 1 medium garlic clove, crushed and finely chopped.
- 1 Tbsp finely chopped fresh chives. (*additional for garnish*)

## Directions:

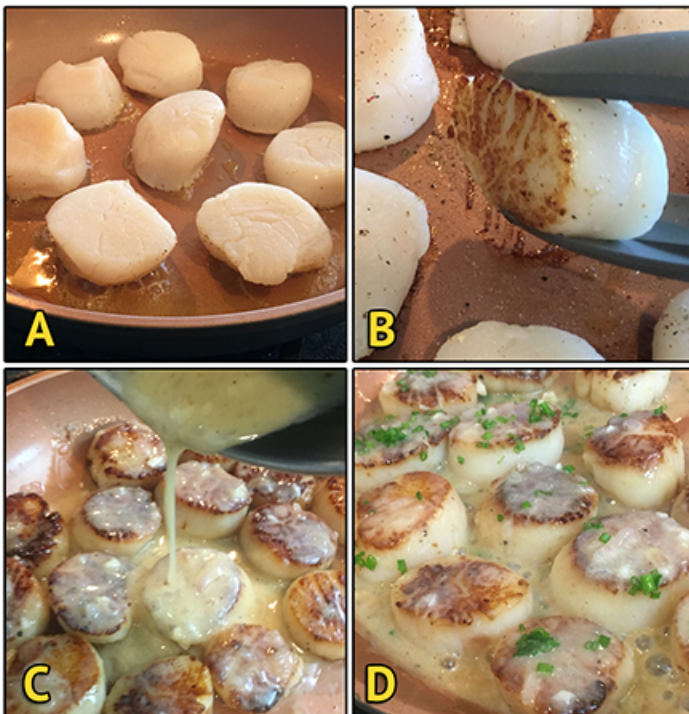
1. This isn't really a direction, but it's my book, so I can put random tidbits wherever I want. MUAHAHA!!! Ok, I'm going to start off by acknowledging that yes, colossal scallops are expensive. This is a high end, special occasion kind of appetizer. You can definitely use smaller, regular sized scallops, which would be less money and give you a lot more scallops per person. Feel free to make it that way if it makes the dish more accessible for you. Just remember to enter this into the recipe builder and adjust the number of scallops you are making, so that you can determine what the points per serving would be, as well as how many smaller scallops you'd consider a serving.



2. (A) Line a plate with 2 layers of paper towels, then place the scallops on top. (B) Cover the scallops with another layer of paper towels and set aside. We want to remove moisture from the top and bottom of the scallops, so that they get a good sear. We aren't using a lot of oil and butter in our pan, so this helps get a good sear. (C) Finely chop the shallot and garlic. You want around 2-3 tablespoons of shallot. Combine the shallots and garlic together in small bowl, set aside. (D) Finely chop a few tablespoons of the fresh chives, set aside. Then remind yourself to **NEVER** use a fuschia colored cutting board for cookbook pictures. Seriously, my eye balls hurt just looking at that picture!



3. (A) In a bowl, whisk together the melted "ICBINB", almond milk, lemon juice, lemon zest (if using), molly mcbutter and 6 second spray of butter flavored cooking spray. Add the dissolved cornstarch, then set aside, then set aside. (B) In a small pot, sautee the chopped garlic and shallots over medium heat with cooking spray. Cook until the shallots are softened. (C) Pour the liquid mixture into the pot, stir, (D) then cook at a low simmer for 3-4 minutes. Remove from heat, set aside.



4. (A) Heat 1 teaspoon of olive oil and a 4 second spray of cooking spray in a large pan over medium heat.

Let the pan heat up for a minute, then place the scallops down onto the hot pan. **DO NOT TOUCH THEM** for 3 minutes!! Let them sit and develop a sear. Spray the top of the scallops with cooking spray, then **(B)** flip and sear for 3 more minutes. **(C)** Pour the sauce over the scallops, along with 1 tablespoon of the chives. **(D)** Stir till the scallops are coated in thickened sauce. Place the scallops onto a serving platter or bowl, pour extra sauce on top, garnish with additional fresh chives.

**NOTES:**

- A) You can use regular sized scallops instead of colossal ones, if you wish, but adjust your serving sizes and points accordingly. Additionally, the smaller scallops will cook faster.
- B) If you don't mind your first 3 scallops being 1 point, rather than 0, feel free to use additional olive oil.
- C) If you turn your flame higher than medium, there is a chance the cooking spray will start to burn, discoloring your sauce.

