



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

Points:

G B P

1 serving = 1 0 0

2 servings = 1 0 0

3 servings = 2 0 0

4 servings = 2 1 1

- points last checked 4/9/21 -

Ingredients:

Scallops:

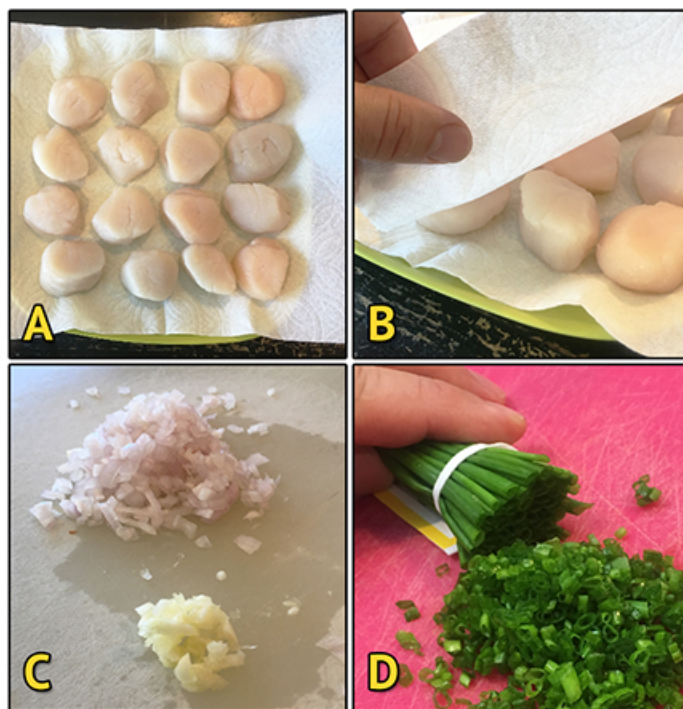
- 16 large (colossal) scallops, around 1.5 pounds
- 1 tsp olive oil. Try to get a bottle that says 'robust' flavor.
- olive oil cooking spray
- salt and pepper

Creamy Lemon Garlic Sauce:

- 1 Tbsp I Can't Believe It's Not Butter LIGHT (*melted in a cup*)
- 1/2 cup unsweetened plain almond milk
- 3 Tbsp lemon juice
- 1 tsp finely chopped lemon zest (optional, but awesome)
- 2 tsp Molly McButter fat free Butter Sprinkles (optional)
- 8 seconds spray, butter flavored cooking spray
- 1-1/2 tsp cornstarch
- 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 fuchsia 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. Stir in the cornstarch, that has been dissolved in a little bit of water. Set aside. (B) In a small pot, sautee the chopped garlic and shallots over medium heat with olive oil 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.



4. (A) Heat 1 teaspoon of olive oil and a 4 second spray of olive oil 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 olive oil cooking spray, then (B) flip and sear for 3 minutes. (C) Pour the sauce over the scallops, along with 1 tablespoon of the chives. (D) Stir till the scallops are coated. Place the scallops onto a serving platter or bowl, pour extra sauce on top, garnish with extra 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.

