

Seared Scallops with Fresh Corn Relish



Hands-On Prep 10 MIN

Cook 10 MIN

Serves 4



1 Sprinkle the scallops with $\frac{1}{4}$ teaspoon of the salt and $\frac{1}{8}$ teaspoon of the pepper. Heat 2 teaspoons of the oil in a large nonstick skillet over medium-high heat. Add the scallops and cook just until browned and opaque in the center, 3–3½ minutes on each side. Transfer to a plate and keep warm.

2 Heat the remaining 2 teaspoons of oil in the skillet over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until softened, about 2 minutes. Add the corn and cook, stirring frequently, until lightly browned, about 2 minutes. Add the tomatoes and cook, stirring occasionally, until softened, 1–2 minutes. Add the vinegar and cook, stirring constantly, until it evaporates, about 30 seconds. Remove the skillet from the heat; stir in the parsley and the remaining $\frac{1}{4}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper. Serve at once with the scallops.

- 1½ pounds jumbo sea scallops
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 4 teaspoons extra-virgin olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1½ cups fresh corn kernels (from 3 ears)
- 2 plum tomatoes, seeded and chopped
- 1 tablespoons balsamic vinegar
- 2 tablespoons chopped fresh parsley

PER SERVING (about 6 scallops with $\frac{1}{2}$ cup relish): 314 Cal, 11 g Fat, 2 g Sat Fat, 0 g Trans Fat, 55 mg Chol, 623 mg Sod, 25 g Carb, 3 g Fib, 31 g Prot, 61 mg Calc. **POINTS** value: 7.

Play It Safe Avoid purchasing scallops that smell fishy or sour—signs that the mollusks aren't fresh. An excessive amount of milky liquid is a sign of overtreatment with sodium tripolyphosphate. Although this salt is useful in binding moisture to seafood during the freezing and thawing processes, overuse will cause the scallops to soak up additional water.