

Grilled Grapefruit & Scallop Salad



This is a one~pan meal and you can have it from stove to table in 15 minutes

Serves 6

2 ruby red grapefruit, peeled, cut into segments

1t salt ~ divided use

1 pinch red pepper flakes

8 large sea scallops, dry *

2T olive oil

2 garlic cloves

2c salad greens

1/2 small onion, minced

1/4c pecan halves

Combine half of the grapefruit segments with a large pinch of salt and red pepper flakes. Set aside.

Season scallops with remaining salt. In large skillet heat olive oil until almost smoking. Add garlic and cook until golden but not browned. Remove garlic from skillet and discard. Add scallops to pan and cook 2~3 minutes per side. If skillet begins to smoke, reduce heat. Scallops should be beautifully caramelized on each side.

While scallops are cooking, place salad greens on plate, drizzle with reserved grapefruit and the juices. Garnish with chopped onion.

Remove scallops from skillet and arrange on salad plates. Place reserved grapefruit segments in skillet and sauté briefly on each side until starting to brown. Remove from skillet and place on top of cooked scallops.

* Dry scallops are iodine~free

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