

# Stuffed Seared Scallops



Serves 8

16 scallops, large

3T olive oil

salt and pepper

1 zucchini, peeled, finely  
diced

2T orange juice

1T garlic, finely minced

1/4c spinach, chopped

1/2t crushed red pepper

3T paprika, hot or regular

2 bunches spinach, fresh  
chopped, sautéed with garlic  
and shallots

Stir together zucchini, leeks, orange juice, garlic, spinach and red pepper in bowl.

Cut scallops lengthwise in the middle but not all the way through. Stuff with zucchini mixture. Roll scallops in paprika coating well on all sides.

Sear in hot sauté pan sprayed with non-stick cooking spray. Cook 2-3 minutes per side or until crust forms on the paprika. Do not overcook.

Serve on sautéed spinach cooked with garlic and shallots and drizzle with a touch of lemon juice.

Prepare Ahead Tip

Prepare scallop stuffing and keep refrigerated for up to 4 hours.

**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)