



Partnering for a healthy community



# Pan Seared Scallops with Lemon Caper Sauce

## Ingredients:

kosher salt for seasoning

3 large Sea Scallops (Calories: 94 Fat: 1.2g Carbs: 0g Protein:19.5)

½ tablespoon olive oil (Calories: 60 Fat: 7g Carbs: 0g Protein:0g)

½ tablespoon unsalted butter (Calories: 51 Fat: 3g Carbs: 0g Protein:0g)

½ tablespoon minced garlic

2 oz white wine optional (Calories: 31 Fat: 0g Carbs: 1g Protein: 0g)

¾ cup unsalted chicken broth (Calories: 20 Fat: 1g Carbs: .75g Protein: .75g)

¼ teaspoon lemon zest

½ tablespoon lemon juice (Calories: 17 Fat: .2g Carbs: 5g Protein: .6g)

1 tablespoon capers (Calories: 1 Fat: 0g Carbs: .3g Protein: .1g)

½ tablespoon Dijon mustard (Calories: 7 Fat: 0g Carbs: 0g Protein: 0g)

Black pepper for seasoning

1 sprig chopped dill

1 chopped chive

½ lemon wedged

½ cup Cannellini Beans (canned) (Calories: 120 Fat: 0g Carbs: 21g Protein: 8g )

Total (Calories: 400 Fat: 12.4g Carbs: 28.05 Protein: 28.95g)

## Equipment:

Cast Iron or Sautee pan, blender, metal spatula, whisk, blender, small pot, tongs, zester, chopping knife, cutting board, rubber spatula, measuring cups & spoons, regular table spoon

## Instructions:

1. Line the scallops on a paper towel. Place another paper towel on top of the scallops and gently pat scallops. Remove as much surface moisture as possible for the best browning results when cooked.
2. Allow scallops to sit for 10 minutes at room temperature before cooking. In a 12-inch sauté pan or cast-iron skillet, heat olive oil over medium-high heat until oil ripples and just begins to smoke.
3. In your small pot add cannellini beans and ¼ cup chicken stock set aside.
4. Sprinkle scallops lightly with salt & pepper on both sides.
5. Place scallops into the hot pan without crowding. Gently press scallops with a spatula to make direct contact with the pan.
6. Sear scallops without moving them, continuing to cook until bottoms are a rich golden brown, 3 to 3 ½ minutes.



*Partnering for a healthy community*



## Instructions (cont.):

7. Add butter to the pan. Turn the scallops over and cook the second side. Use a spoon to baste the scallops with the butter, tilting the pan to collect the butter as needed.
8. When the scallops are opaque in color and firm to the touch, about 1 to 2 minutes, turn off heat and transfer to a plate, do not discard pan. Turn on beans and chicken stock to low heat.
9. In the same pan used for cooking the scallops turn heat to medium. Add garlic and cook for 1 minute, until fragrant but not browned.
10. Increase heat to medium-high and add wine. Simmer wine, stirring as needed until the wine is reduced by half, about 1-2 minutes.
11. Turn heat to high and add the chicken stock, lemon zest, lemon juice and capers to the pan. Cook until sauce is reduced by half, about ½ cup, 3 to 6 minutes. Turn off heat and whisk in Dijon mustard.
12. Turn heat to medium and add scallops back to pan, cook until warm, 2 minutes. Taste sauce and season with salt and pepper as needed.
13. Add beans and stock to blender and puree. Place puree on plate and top w/ scallops and sauce. Garnish scallops with chopped dill, chives and serve immediately with lemon wedges.