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CHILI AND LIME SEARED SCALLOPS

Advanced Lifestyle

Ingredients

- 12 fresh or frozen sea scallops (1-1/4 to 1-1/2 lbs. total)
- ½ TSP ancho chili powder or regular chili powder
- 1/8 TSP Morton's Lite salt
- nonstick cooking spray
- 1 TBS lime juice
- 1 recipe Tropical Fruit Salsa

Instructions

1. Thaw scallops, if frozen. Rinse scallops. Pat dry with paper towels.
2. In a small bowl, combine chili powder and salt. Sprinkle chili mixture evenly onto scallops. Rub in with your fingers.
3. Lightly coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium-high heat. Add scallops. Cook for 4-6 minutes or until scallops are opaque, turning scallops once. Transfer the scallops to a platter. Drizzle scallops with lime juice. Cover to keep warm.
4. Add Tropical Fruit Salsa to skillet. Cook and stir about 1 minutes or until mixture is heated through, scraping up the browned bits from the bottom of the skillet. Serve warmed salsa with the scallops.

Portion-Per-Serving Information (Serves 2-3): 1 serving = 4-6 scallops + 1/2 cup Fruit Salsa = 1 P, 1 FR

*Tropical Fruit Salsa (makes 2 cups): In a medium bowl, combine:

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| 1 TBS snipped fresh mint | ½ cup chopped fresh pineapple |
| 2 TSP seasoned rice vinegar | ½ cup chopped mango or peach |
| 2 TSP lime juice | 2 kiwi fruits, peeled, quartered lengthwise and sliced |
| ½ to 1 TSP grated fresh ginger | 1 5-oz. container or half an 11-oz. can mandarin orange sections |
| 1/8 TSP crushed red pepper, if desired | Toss gently to coat |