

Grilled Scallop Salad

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Servings: 4

Serve with Radish-Yogurt Dip and pita wedges.

1/2 teaspoon freshly ground black pepper, divided

3/8 teaspoon salt, divided

12 large (about 1 1/2 lbs) sea scallops

1 English cucumber, halved lengthwise

cooking spray

2 tablespoons fresh lime juice

2 teaspoons extra-virgin olive oil

4 cups romaine lettuce, torn

3 cups seedless watermelon, in 1-inch cubes

1/4 cup fresh mint leaves, torn

1/2 avocado, peeled and cut into 8 slices

Preheat the grill to medium-high heat. Coat the grill rack with cooking spray.

Sprinkle 1/4 teaspoon pepper and 1/4 teaspoon of salt over the scallops and cucumber. Arrange in a single layer on the grill rack.

Grill for 3 minutes on each side or until the scallops are done and the cucumber is well marked.

Remove from the heat. Cut the cucumber into 1/4-inch slices.

In a large bowl, combine the remaining salt, juice and oil. Stir with a whisk.

Add the cucumber, lettuce, watermelon and mint. Toss gently to coat.

Divide the watermelon mixture evenly among four plates.

Top each serving with three scallops and two avocado slices.

Sprinkle evenly with the remaining black pepper.

Per Serving (excluding unknown items): 110 Calories; 6g Fat (49.4% calories from fat); 8g Protein; 7g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 249mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.