

Scallops with Chipotle-Orange Sauce

Jan Justice - Catlettsburg, KY

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Servings: 2

Start to Finish Time: 15 minutes

3/4 pound sea scallops, halved

1/4 teaspoon paprika

1/4 teaspoon salt, divided

2 teaspoons butter

1/4 cup orange juice

1/4 teaspoon ground chipotle pepper

hot cooked linguine (optional)

2 tablespoons green onion (for garnish), thinly sliced

Sprinkle the scallops with paprika and 1/8 teaspoon of salt.

Melt butter in a nonstick skillet coated with cooking spray over medium heat.

Add the scallops. Cook for 3 to 4 minutes on each side or until firm and golden brown.

Stir the orange juice and remaining salt into the pan. Bring to a boil.

Remove from the heat. Stir in the chipotle pepper.

Serve the scallops and sauce over the linguine., if desired.

Garnish with the green onion.

Per Serving (excluding unknown items): 198 Calories; 5g Fat (24.2% calories from fat); 29g Protein; 7g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 580mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Fruit; 1 Fat.