



Weekly Recipe Challenge



Spinach & Frisée Salad with Tangerines & Coriander-Crusted Scallops

(courtesy of EatingWell)

The flavors of coriander and tangerine complement the sweet scallops in this easy-to-make dinner salad. Frisée has a big flavor and a sturdy texture, which stands up to the warm scallops. If you can't find frisée, make your own mix of greens; escarole and curly endive are great ones to include.

4 servings (1/2 Carbohydrate Serving) | **Active Time:** 30 minutes | **Total Time:** 30 minutes

Ingredients

Tangerine Vinaigrette

- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon tangerine or orange zest
- 2 tablespoons tangerine or orange juice
- 4 teaspoons white-wine vinegar
- 1 tablespoon minced shallot
- 2 teaspoons finely chopped spring herbs, such as chervil, chives, tarragon and/or dill
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Salad

- 6 cups baby spinach and 6 cups torn frisée
- 2 tangerines or oranges, segmented 2 teaspoons coriander seeds
- 1/4 teaspoon coarse kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 pound dry sea scallops patted dry
- 1 tablespoon canola oil



Instructions

1. To prepare vinaigrette: Whisk olive oil, tangerine (or orange) zest and juice, vinegar, shallot, herbs, mustard, salt and pepper in a medium bowl.
2. To prepare salad: Combine spinach, frisée and tangerine (or orange) segments in a large salad bowl. Add the vinaigrette and toss to coat. Divide the salad among 4 plates.
3. Coarsely grind or chop coriander seeds and combine with kosher salt and pepper in a small bowl and sprinkle on both sides of scallops.
4. Heat canola oil in a large nonstick skillet over medium-high heat until shimmering but not smoking.
5. Add the scallops and cook until they develop a golden brown crust and are just opaque all the way through, 2 to 3 minutes per side. Serve the scallops on the salad.

Nutritional Information (per serving) **Exchanges:** 2 vegetable, 3 lean meat, 2 fat

- **Calories** 251
- **Carbohydrates** 15g (Fiber 5g)
- **Cholesterol** 37mg
- **Fat** 12g (Saturated Fat, 1g; Monounsaturated 8g)
- **Sodium** 518mg
- **Potassium** 949mg
- **Protein** 22g