



Weekly Recipe Challenge



Chile-Crusted Scallops with Cucumber Salad *(courtesy of EatingWell)*

A refreshing salad of cucumbers and roasted cashews makes a nice contrast to these smoky scallops. You can make the salad and scallop skewers up to 8 hours in advance; cover separately and store in the refrigerator until you're ready to grill.

4 servings (1 Carbohydrate Serving) | **Active Time:** 40 minutes | **Total Time:** 40 minutes



Ingredients

Salad

- 2 medium cucumbers
- 1/2 cup salted roasted cashews, coarsely chopped (2 ounces)
- 2 scallions, (white and light green parts), thinly sliced
- 2 teaspoons lemon juice, juice
- 1/4 cup extra-virgin olive oil
- 1/4 cup coarsely chopped flat-leaf parsley
- 1/8 teaspoon salt

Scallops

- 1 teaspoon cumin seeds
- 2 tablespoons minced seeded serrano chile
- 1 teaspoon freshly cracked black pepper
- 1/2 teaspoon kosher salt
- 1-1 1/4 pounds dry sea scallops, tough muscle removed

Tip: 1/4 tsp of salt contains 600mg of sodium. You can decrease the total sodium content of this recipe by cutting back the salt used in seasoning the scallops.



Instructions

1. To prepare salad: Peel and seed cucumbers; quarter lengthwise and slice 1/4 inch thick.
2. Combine the cucumbers, cashews, scallions, lemon juice, oil, parsley and salt in a large bowl.
3. To prepare scallops: Toast cumin seeds in a small skillet over medium heat until fragrant, about 1 minute.
4. Transfer to a cutting board and let cool, then coarsely chop.
5. Combine the cumin seeds, chile, pepper and salt in a small bowl.
6. Rinse scallops, pat dry and rub with the spice mixture. Thread the scallops onto four 12-inch skewers.
7. Preheat grill to medium-high. Oil the grill rack. **(To oil a grill:** Oil a folded paper towel, hold it with tongs and rub it over the rack. Do not use cooking spray on a hot grill.)
8. Grill the scallops until cooked through, about 4 minutes per side. Carefully remove the scallops from the skewers. Serve warm with the cucumber salad.



Nutritional Information *(per serving)* Exchanges: 1 vegetable, 3 lean meat, 3 1/2 fat (mono)

- **Calories** 304
- **Carbohydrates** 12g (Fiber 2g)
- **Cholesterol** 27mg
- **Fat** 21g (3 Saturated Fat; 15g Monounsaturated)
- **Sodium** 909mg *(cut added salt to decrease sodium)*
- **Potassium** 497mg
- **Protein** 17