Dinner, Latin American

Charred Scallops with Fresh Green Salsa

Grilled scallops cook quickly until lightly charred and tender, then get a topping of chunky salsa made from tomatillo, zucchini, jalapeño pepper and cilantro.



Nut free

25 min	170	13 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 lbs tomatillo (husked, rinsed, cut into small dice)
- [ ] 1 small jalapeño pepper (seeded, deveined and minced)
- [ ] 1/4 cup fresh cilantro (chopped)
- [ ] 1 med zucchini (seeded, cut into a small dice)
- [ ] 2 tbsp lime juice
- [ ] 1 tsp honey or 1/2 packet artificial sweetener
- [ ] 2 clove garlic (minced)
- [ ] 12 large scallops (tabs removed (Note: sea scallops that are fresh or that have no preservatives added are best))
- [ ] 1 tbsp olive oil
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper

Nutrition Facts

Per serving

Calories	170
Total fat	5 g
Saturated fat	0.5 g
Sodium	310 mg
Total carbs	13 g
Fiber	2 g
Total sugars	5 g
Protein	18 g

Method

- [ ] 1 Begin by getting an indoor or outdoor grill ready for cooking.
- [ ] 2 Make the salsa by stirring the diced tomatillo, minced jalapeño pepper, chopped fresh cilantro, diced zucchini, lime juice, honey or artificial sweetener, and minced garlic together in a medium bowl, then leave it to one side for later.
- [ ] 3 Blot the scallops with a paper towel until their surfaces are dry, then transfer them to a medium bowl and coat them well with the olive oil, salt, and black pepper.
- [ ] 4 Set the scallops on the grill with a flat side facing down and cook them, giving them a turn now and then, until they pick up light char marks and are just cooked through, which should take about 2 minutes per side.
- [ ] 5 To finish, spoon the chunky salsa verde over the grilled scallops and serve.

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