

Seared Scallops over Wilted Spinach

Servings: 3

Time: 10 minutes

Calories: 172 • Points: 3.5 pts, 4 points plus

16 oz (about 12-14) sea scallops

salt and fresh pepper

2 tsp butter

1 tsp olive oil

1 shallot, minced

10 oz baby spinach, washed



Wash scallops and pat dry with a paper towel. Season with salt and pepper. Heat a medium size pan on a high flame. When pan is hot, melt 1 tsp butter and place half of the scallops in the pan. Sear without touching them for a few minutes until the bottom forms a nice caramel colored crust. Turn over and cook about another minute or 2, until the center is slightly translucent (you can check this by viewing them from the side) and the bottom is seared. Be careful not to overcook. Remove from the pan and set aside on a warm plate. Add addition tsp butter and cook remaining scallops. Add olive oil to the pan and sauté shallots, add spinach, salt and pepper. Toss until spinach wilts.