



NICHOLS LIVERPOOL

Scallop, Corn & Tomato Salad

8 oz. sugar snap peas
1 medium corn on the cob, kernels removed with a knife
1 Tbsp. white wine vinegar
1 Tbsp. olive oil
½ tsp. table salt, divided
¼ tsp. black pepper, divided
2 medium tomato(es), chopped (about 1 lb)
1 pound scallops, fresh (use sea scallops)
1 sprays cooking spray
¼ cup basil, fresh, chopped

Bring a medium pot of water to a boil. Add sugar snap peas and corn, return to a boil and simmer until peas and corn are crisp-tender, about 2 minutes. Drain vegetables, rinse under cold water and drain again.

Whisk together vinegar, oil, ¼ teaspoon of salt and 1/8 teaspoon of pepper in a medium bowl. Add tomatoes; toss and let stand 10 minutes until tomatoes release juices.

Meanwhile, sprinkle scallops with remaining ¼ teaspoon of salt and 1/8 teaspoon of pepper. Coat a large nonstick skillet with cooking spray; heat. Add scallops and cook, turning once, until browned and cooked through, about 4 minutes. Remove scallops from heat; set aside.

Add snap peas, corn and basil to tomato mixture; toss to mix and coat.

Divide scallops among four plates. Top scallops with vegetable mixture.

Yields about 4 to 5 scallops and 1 ½ cups of vegetables per serving.