

# HEALTHY SCALLOP RECIPES

---



Scallop  
& Pepper  
Tacos

Summer  
Corn &  
Scallop  
Pasta

Curry  
Scallops &  
Cilantro  
Rice

Scallop  
Mango  
Ceviche

Seared  
Scallops  
with Crispy  
Leeks

Seared  
Scallops  
with  
Brandied  
Leeks &  
Mushrooms

Prosciutto-  
Wrapped  
Scallops  
with  
Spinach

Scallop  
Piccata on  
Angel Hair

# Healthy Scallop Recipes

## SCALLOP & PEPPER TACOS

☒ Heart Health ☐ Diabetes

☒ Weight Loss ☒ Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*Take a break from classic taco fillings with this scallop, herb and bell pepper taco recipe. Swap peeled raw shrimp for the scallops if you prefer. Round out the meal with a side of pinto beans and brown rice.*

- ¾ cup fresh parsley leaves
- ⅓ cup fresh oregano leaves
- 1 clove garlic, minced
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon red-wine vinegar
- ¼ teaspoon crushed red pepper
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 medium bell peppers, halved and thinly sliced
- 1 pound large dry sea scallops (see *Tips*), patted dry, quartered
- 8 6-inch corn tortillas, heated (see *Tips*)

**1.** Place parsley, oregano, garlic, 2 tablespoons oil, vinegar, crushed red pepper and ⅛ teaspoon salt in a food processor; pulse until finely chopped.

**2.** Heat ½ tablespoon of the remaining oil in a large nonstick skillet over medium-high heat. Add bell peppers and cook, stirring, until softened, 3 to 5 minutes. Transfer to a bowl. Heat the remaining ½ tablespoon oil in the pan, add scallops and the remaining ¼ teaspoon salt. Cook, stirring, until just cooked through, 3 to 4 minutes. Add the herb sauce to the pan, remove from the heat and stir to coat.

**3.** Fill each tortilla with about ¼ cup each scallops and peppers.

**SERVES 4:** 2 TACOS EACH

**Per serving:** 307 calories; 13 g fat (2 g sat, 9 g mono); 27 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 18 g protein; 5 g fiber; 694 mg sodium; 543 mg potassium.

**Nutrition bonus:** Vitamin C (158% daily value), Vitamin A (59% dv), Magnesium (19% dv), Folate & Potassium (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, 1 vegetable, 2 lean meat, 2 fat



## TIPS

- Look for “dry” sea scallops. “Wet” scallops, which have been treated with sodium tripolyphosphate (STP), are not only mushy and less flavorful, but will not brown properly. Some scallops have a small white muscle on the side; remove it before cooking.
- Warming tortillas prevents them from cracking and breaking. **In the oven:** Wrap stacks of 8 tortillas in foil; place in a 375°F oven for 10 to 15 minutes. **On the stove:** Turn a gas or electric burner on high. Using tongs, slide one tortilla at a time over the burner for a few seconds, alternating sides, until it’s softened and beginning to char. Cover tortillas to keep warm.



# Healthy Scallop Recipes

## SUMMER CORN & SCALLOP PASTA

- ☒ Heart Health ☐ Diabetes
- ☐ Weight Loss ☐ Gluten Free

**ACTIVE:** 45 MIN **TOTAL:** 45 MIN

*The naturally sweet taste of scallops partners beautifully with summer corn at its peak in this corn and scallop pasta recipe.*

- 8 ounces whole-wheat linguine or fettuccine
- 4 medium ears corn, husked
- 2 strips bacon, chopped
- 1 pound dry sea scallops (see *Tip*, page 2), patted dry
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 cup chopped red bell pepper
- 5 cloves garlic, minced
- ½ cup dry white wine
- ½ cup reduced-fat sour cream
- 1 tablespoon all-purpose flour
- ½ cup chopped fresh basil, plus more for garnish
- 4 lemon wedges

**1.** Cook pasta in a large pot of boiling water until just tender, 8 to 10 minutes or according to package directions. Reserve ½ cup of the cooking liquid; drain the pasta.

**2.** Meanwhile, stand an ear of corn on its stem end in a shallow bowl and slice the kernels off with a sharp, thin-bladed knife. Then press the dull side of the knife down the length of the ear to extract any remaining kernels and corn “milk” into the bowl. Repeat with the remaining 3 ears of corn, catching the kernels and “milk” in the bowl.

**3.** Cook bacon in a large nonstick skillet over medium heat, stirring occasionally, until crispy, 3 to 4 minutes. Remove to a small bowl with a slotted spoon; leave the bacon fat in the pan.

**4.** Sprinkle scallops with ¼ teaspoon each salt and pepper. Add the scallops to the pan and cook over medium heat until golden brown, about 2 minutes per side. Transfer to a plate; tent with foil to keep warm.

**5.** Add the corn kernels and corn “milk,” bell pepper and garlic to the pan and cook, stirring, until the garlic is fragrant, about 2



minutes. Add the reserved cooking liquid and wine and continue cooking, stirring occasionally, until the corn is tender, about 3 minutes more. Stir in sour cream and the remaining ¼ teaspoon each salt and pepper. Sprinkle flour over the mixture. Cook, stirring, until the sauce is bubbling and thickened, about 1 minute.

**6.** Reduce heat to low and return the pasta, bacon and any scallop liquid accumulated on the plate to the pan; toss to coat with the sauce. Stir in basil. Divide the pasta among 4 bowls and top with the scallops. Garnish

with more basil, if desired. Serve with lemon wedges.

**SERVES 4:** ABOUT 1½ CUPS EACH

**Per serving:** 473 calories; 8 g fat (3 g sat, 2 g mono); 42 mg cholesterol; 73 g carbohydrate; 0 g added sugars; 28 g protein; 10 g fiber; 844 mg sodium; 829 mg potassium.

**Nutrition bonus:** Vitamin C (99% daily value), Magnesium (41% dv), Vitamin A (36% dv), Folate (31% dv), Zinc (23% dv).

# Healthy Scallop Recipes

## CURRY SCALLOPS & CILANTRO RICE

✓ Heart Health   ✓ Diabetes  
✓ Weight Loss   ✓ Gluten Free

**ACTIVE:** 25 MIN **TOTAL:** 25 MIN

*This recipe pairs curry-coated scallops and brown rice seasoned with cilantro, scallions and lemon. For this recipe you'll need 3 cups cooked brown rice. Serve with roasted carrots tossed with cumin and coriander.*

- 1 pound dry sea scallops (see *Tip*, page 2)
- ½ teaspoon curry powder
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 1 tablespoon butter
- 3 cups cooked instant or quick-cooking brown rice
- ½ cup chopped fresh cilantro
- 3-4 scallions, thinly sliced
- Juice of 1 lemon

**1.** Pat scallops dry and sprinkle both sides with curry powder, ¼ teaspoon salt and pepper. Heat butter in a large nonstick skillet over medium heat until beginning to sizzle. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Remove to a plate.

**2.** Add cooked rice, cilantro, scallions, lemon juice and the remaining ¼ teaspoon salt to the pan. Cook, stirring, until heated through, about 1 minute. Serve the scallops with the rice.

**SERVES 4:** ABOUT 3 SCALLOPS & ¾ CUP RICE EACH

**Per serving:** 305 calories; 5 g fat (2 g sat, 1 g mono); 35 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 19 g protein; 3 g fiber; 750 mg sodium; 342 mg potassium.

**Nutrition bonus:** Vitamin C (15% daily value).

**Carbohydrate servings:** 3

**Exchanges:** 2½ starch, 2 lean meat, ½ fat





# Healthy Scallop Recipes

## SCALLOP MANGO CEVICHE



**ACTIVE:** 25 MIN **TOTAL:** 1 HR 25 MIN

*Ceviche is traditionally made by “cooking” a seafood in a citrus-based marinade. In this version, we use scallops and cook them lightly before marinating them in a tangy mango, lime, chile pepper and onion marinade. Try serving this ceviche Peruvian-style, with hard-boiled egg, sweet potato, lettuce and corn. Or keep it simple and serve it on salad greens with tortilla chips on the side.*

- 1 pound dry sea scallops, tough white muscle removed (see *Tip*, page 2)
- 2 ripe mangoes, peeled and chopped, divided
- $\frac{1}{3}$  cup lime juice
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  cup thinly sliced chile peppers, such as poblanos or jalapeños
- $\frac{1}{3}$  cup very thinly sliced red onion

1. Bring  $\frac{1}{2}$  inch water to a gentle simmer in a large skillet over medium heat. Add scallops and cook until firm and just cooked through, 3 to 5 minutes. Transfer the scallops to a medium nonreactive bowl (see *Tip*) with a slotted spoon. (Discard the poaching liquid.)

2. Add half the mango to the bowl with the scallops. Puree the remaining mango with lime juice and salt in a blender or food processor until smooth. Pour the puree over the scallops. Add chile peppers and onion; gently toss to combine. Cover and refrigerate the ceviche for 1 hour, gently stirring halfway through. Serve chilled.

### SERVES 4

**Per serving:** 181 calories; 1 g fat (0 g sat, 0 g mono); 37 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 20 g protein; 2 g fiber; 622 mg sodium; 607 mg potassium.

**Nutrition bonus:** Vitamin C (120% daily value), Magnesium & Vitamin A (20% dv), Potassium (17% dv).

**Carbohydrate servings:**  $1\frac{1}{2}$

**Exchanges:**  $1\frac{1}{2}$  fruit, 3 lean meat



## TIP

A nonreactive dish, pan or bowl—stainless steel, enamel-coated or glass—is necessary when marinating foods in acidic ingredients, such as lime, lemon or vinegar. The acid in the marinade can react with “reactive” dishes or pans, such as aluminum and cast-iron, and impart an off color and/or off flavor in the prepared foods.

# Healthy Scallop Recipes

## SEARED SCALLOPS WITH CRISPY LEEKS

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Herb-crusted scallops served with crispy baked leeks make an easy yet impressive dish to serve to friends. You may have seen “frizzled” or fried leeks on a restaurant menu before, but you might not guess how easy they are to make at home. Here we toss thinly sliced leeks with paprika- and garlic-seasoned flour and bake them until crispy. While the leeks bake you have time to sear the scallops.*

- 1 medium leek, white and light green parts only
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 2 tablespoons all-purpose flour
- 1 teaspoon paprika
- 1 teaspoon garlic powder, divided
- ½ teaspoon salt, divided
- 1 teaspoon Italian seasoning
- ½ teaspoon freshly grated lemon zest
- ½ teaspoon freshly ground pepper
- 1 pound dry sea scallops, tough side muscle removed (see *Tip*, page 2)

1. Preheat oven to 425°F.
2. Cut leek in half lengthwise, then cut each piece in half crosswise. Cut each quarter into long, thin strips. Rinse the strips in hot water and pat dry. Toss in a medium bowl with 2 teaspoons oil. Sprinkle flour, paprika, ½ teaspoon garlic powder and ¼ teaspoon salt over the leeks; toss well to combine. Spread in an even layer on a baking sheet. Bake, stirring once or twice, until the leeks are crispy and golden brown, 10 to 12 minutes. Let stand on the baking sheet until the scallops are done.
3. Meanwhile, combine the remaining ½ teaspoon garlic powder and ¼ teaspoon salt with Italian seasoning, lemon zest and pepper in a small bowl. Pat scallops dry and sprinkle both sides with the seasoning mixture. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Serve the scallops with the crispy leeks on top.



### SERVES 4

**Per serving:** 185 calories; 7 g fat (1 g sat, 5 g mono); 37 mg cholesterol; 10 g carbohydrate; 20 g protein; 1 g fiber; 478 mg sodium; 434 mg potassium.

**Nutrition bonus:** Magnesium (18% daily value), Vitamin A (15% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 2½ lean meat



# Healthy Scallop Recipes

## SEARED SCALLOPS WITH BRANDIED LEEKS & MUSHROOMS

✓ Heart Health   ✓ Diabetes  
✓ Weight Loss   ✓ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*Sautéed mushrooms and leeks have a robust flavor that marries nicely with a touch of brandy and sour cream in this quick scallop dish. Substitute vermouth for a more mellow flavor. The mushroom mixture is equally delicious served with steak or chicken.*

- 4 teaspoons extra-virgin olive oil, divided
- 10 ounces mushrooms, sliced
- 2 cups thinly sliced leeks, white and light green parts only (about 2)
- ¼ cup brandy or dry vermouth
- ¼ cup reduced-sodium chicken broth
- 3 tablespoons reduced-fat sour cream
- 1 tablespoon chopped fresh parsley
- ½ teaspoon salt, divided
- Freshly ground pepper to taste
- 1 pound large dry sea scallops (see *Tip*, page 2)

**1.** Heat 2 teaspoons oil in a large skillet over medium-high heat. Add mushrooms; cook, stirring occasionally, until they begin to give off liquid, about 3 minutes. Stir in leeks; cook, adjusting heat to prevent scorching, until the vegetables are very tender and the leeks are starting to brown, about 8 minutes. Add brandy (or vermouth) and broth; cook until reduced and thickened, about 30 seconds. Remove from the heat and stir in sour cream, parsley, ¼ teaspoon salt and pepper to taste. Cover and set aside.

**2.** Pat scallops dry and sprinkle with the remaining ¼ teaspoon salt and pepper. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. To serve, place some of the leek-mushroom mixture on each plate and top with scallops.

**SERVES 4**



**Per serving:** 237 calories; 7 g fat (2 g sat, 4 g mono); 42 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 22 g protein; 1 g fiber; 500 mg sodium; 773 mg potassium.

**Nutrition bonus:** Potassium (22% daily value), Magnesium (21% dv), Vitamin A (20% dv), Vitamin C (15% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 3 lean meat

# Healthy Scallop Recipes

## PROSCIUTTO-WRAPPED SCALLOPS WITH SPINACH

✓ Heart Health   ✓ Diabetes  
✓ Weight Loss   ✓ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

**EQUIPMENT:** Four 10-inch metal or bamboo skewers

*This take on the classic bacon-wrapped appetizer uses prosciutto instead to wrap meaty scallops. High-quality Italian prosciutto, found at well-stocked supermarkets or Italian specialty stores, has an incomparable melt-in-your-mouth texture. It's more expensive, but you only need a little for this recipe.*

- 12 large dry sea scallops (about 1 pound; see Tip, page 2)
- ¼ teaspoon lemon pepper
- 1¼ ounces very thinly sliced prosciutto (about 3 slices), cut into 12 long strips
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 12 ounces baby spinach

1. Place rack in upper third of oven; preheat broiler. Coat a large baking sheet with cooking spray.
2. Pat scallops dry and sprinkle both sides with lemon pepper. Wrap 1 piece of prosciutto around each scallop. Thread 3 scallops crosswise onto each skewer (securing the prosciutto to the scallop) and place on the prepared baking sheet. Broil until just cooked through, about 6 minutes.
3. Meanwhile, whisk oil, lemon zest, lemon juice, salt and pepper in a medium bowl. Reserve 1 tablespoon vinaigrette in a small bowl.
4. Place spinach in a colander and rinse under cold water. Heat a large skillet over medium heat. When hot, add handfuls of spinach (with water still clinging to it) to the pan and cook, stirring, until just wilted, 2 to 3 minutes. Drain the spinach and add to the medium bowl; toss to coat with the vinaigrette. Divide the spinach among 4 plates and top each portion with 3 scallops. Drizzle the scallops with the reserved vinaigrette.

**SERVES 4**



**Per serving:** 239 calories; 14 g fat (3 g sat, 8 g mono); 47 mg cholesterol; 6 g carbohydrate; 23 g protein; 2 g fiber; 620 mg sodium; 782 mg potassium.

**Nutrition bonus:** Vitamin A (100% daily value), Magnesium (31% dv), Folate & Vitamin C (30% dv), Potassium (22% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 3 very lean meat, 2 fat



# Healthy Scallop Recipes

## SCALLOP PICCATA ON ANGEL HAIR

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*Superfine angel hair and delicate scallops are coated with a light lemon, white wine and caper sauce.*

- 1 pound dry sea scallops, tough muscle removed (see Tip, page 2)
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 8 ounces whole-wheat angel hair pasta
- ½ cup white wine
- ½ cup clam juice
- 2 teaspoons cornstarch
- ¼ cup chopped garlic
- 3 tablespoons lemon juice
- 1 tablespoon capers, rinsed and chopped
- 2 teaspoons butter
- 2 tablespoons chopped fresh parsley

1. Put a large pot of water on to boil.
2. Sprinkle scallops on both sides with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and add the scallops; cook, turning once, until browned on both sides, about 6 minutes total. Transfer to a plate.
3. Cook pasta in the boiling water until not quite tender, about 4 minutes. Drain and rinse.
4. Whisk wine, clam juice and cornstarch in a small bowl until smooth.
5. Cook garlic in the pan over medium-high heat, stirring often, until softened, 1 to 2 minutes. Add the wine mixture; bring to a boil and cook until thickened, about 2 minutes. Stir in lemon juice, capers and butter; cook until the butter melts, 1 to 2 minutes.
6. Return the scallops to the pan, add the pasta and cook, stirring gently, until heated through and coated with the sauce, about 1 minute. Stir in parsley and serve immediately.

**SERVES 4:** 1½ CUPS EACH.



**Per serving:** 387 calories; 7 g fat (2 g sat, 3 g mono); 42 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 28 g protein; 7 g fiber; 465 mg sodium; 514 mg potassium.

**Nutrition bonus:** Magnesium (29% daily value), Vitamin C (25% dv), Zinc (17% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 3 lean meat, 1 fat

# About EatingWell

---

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

*We hope you enjoy our recipes and feel informed and inspired to make healthy eating your way of life!*

## ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

# EatingWell®

*Photography by: Ken Burris (pages 1, 4-9), Peter Ardito (page 2), Carin Krasner (page 3)*

©Eating Well, Inc. All rights reserved.