

Seared Scallops with CORN, AVOCADO & BACON SALSA

This appetizer features a flavorful corn, avocado, and bacon salsa topped with juicy scallops seared to perfection.



Nutrition Facts	
servings per container	
Serving size	(136g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 230mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 349mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 20 Minutes
Cook time: 8 Minutes
Serves: 8 People

INGREDIENTS:

For Scallops

8 large scallops
2 tbsp. olive oil
2 tbsp. butter
Salt and **pepper** to taste

For Salsa

12 Cherry Tomatoes, quartered
1 Red Bell Pepper, diced
4 bacon strips, cooked and chopped
2 ears sweet corn, kernelled
1 avocado, diced
½ red onion, diced
2 limes, juiced
2 tbsp. olive oil
Fresh cilantro for garnish

CHEF'S TIP:

If you have extra salsa, try serving it with shrimp, on a cooked chicken breast, or in a fish taco!

STEPS:

- Wash all produce before cooking.
- To begin preparing the salsa, cook bacon strips until crispy, then chop into smaller pieces.
- Using 1 tablespoon of bacon grease, add diced Peppers, red onion, and kernelled corn to your pan. Cook 4-5 minutes or until tender.
- Take salsa out of pan and add diced avocados and quartered Cherry Tomatoes, and gently mix to combine all ingredients.
- To cook scallops, heat up butter and oil in pan, then add scallops to pan to sear. Ensure all scallops have been patted dry with a paper towel before searing.
- Sear the scallops for 6-8 minutes, flipping halfway through. Let the scallops rest for 2-3 minutes. Serve scallops on top of a helping of salsa for an easy, colorful, and flavor-rich appetizer!

