

Seared Scallops & Grapefruit with Spinach

Serves 4

Here I use a grapefruit juice as a component in a warm dressing for the spinach. The scallops are finished with a soy-ginger glaze that pairs with the grapefruit.

- 1 tablespoon minced shallots
- ½ cup freshly squeezed grapefruit juice
- 1½ tablespoons freshly squeezed lime juice
- 1½ teaspoons freshly squeezed lemon juice
- 4 teaspoons grapeseed or other light oil
- ¼ teaspoon kosher or sea salt
- 2½ tablespoons soy sauce
- 1½ tablespoons peeled and grated fresh ginger
- 1½ teaspoons honey
- ½ teaspoon Dijon mustard

- 8 sea scallops, about 8 to 12 ounces
- 4 cups baby spinach leaves
- 1 grapefruit, segmented, membrane removed

Instructions: In a small saucepan, combine the shallots and citrus juices and bring to a boil over medium-high heat. Reduce heat to medium and cook until reduced to ½ cup, about 10 minutes. Remove from the heat and stir in 1 ½ teaspoons of the oil and the salt. Cover and set aside.

In a small bowl, stir together the soy sauce, ginger, honey and mustard to

make the glaze. Set aside.

In a frying pan large enough to hold all the scallops in a single layer without crowding, heat the remaining 2½ teaspoons oil over medium-high heat. When it is hot, add the scallops and sear, turning once, until golden, about 30 seconds per side. Add the soy sauce mixture, reduce the heat to low and turn the scallops in the sauce until they are glazed mahogany, about 45 seconds.

Place the spinach in a bowl and pour the dressing over it, and toss well. Divide equally among four plates and top each with two scallops and add several segments of grapefruit.

Serve immediately.

Per serving: 115 calories, 7 g protein, 12 g carbohydrate, 5 g fat (1 saturated), 10 mg cholesterol, 769 mg sodium, 2 g fiber.