

Scallop BLT Salad

Ingredients

1 lb Dry Sea Scallops	Salt & ground black pepper
4 slices bacon, thick cut preferably	1 tbsp butter
1 1/4 cup balsamic vinegar	1 tbsp vegetable oil
1 1/4 tbsp brown sugar	Greens of your choice:
Cherry tomatoes, thinly sliced	Romaine / Spinach / Bibb
1 avocado, chopped into 1/2 inch pcs	

Directions

Cook bacon in skillet until crisp. Transfer to paper towels to drain. Once cooled, chop bacon into small pieces.

Heat nonstick pan with butter and oil. Sprinkle scallops with salt and pepper and sear 2 minutes per side, or until desired level of doneness. Do not fuss with scallops—let them sit to give them a nice sear. Remove from pan.

Mix brown sugar and balsamic vinegar. Deglaze pan with mixture and turn heat down to low. Simmer for 8 minutes or until mixture has reduced to 1/2 or 3/4 cups.

In your salad bowl, add greens of your choice and top with tomatoes, avocado, bacon, and scallops. Drizzle with balsamic glaze.

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