

Bay Scallops with Corn and Pancetta Salsa

J M Hirsch - Associated Press

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Start to Finish Time: 15 minutes

2 ounces pancetta (often sold in 4-ounce packages), chopped

1 small red onion, diced

1/2 tablespoon jarred jalapeno slices, minced

juice of one lemon

1/4 cup fresh cilantro, chopped

3 ears fresh corn, husks removed

salt

ground black pepper

2 pounds bay scallops, patted dry

In a large skillet over medium-high heat, saute' the pancetta until slightly browned, about 6 to 8 minutes. Use a slotted spoon to transfer the pancetta to a medium bowl.

Stir in the onion, jalapenos, lemon juice and cilantro.

Remove the corn kernels from the cobs. To do this, stand each ear on its wide end, then saw down the length of the cob with a serrated knife.

Add the corn kernels to the salsa. Season with salt and pepper. Set aside.

Return the skillet with the pancetta drippings to medium-high heat. When the pan is hot, add the scallops and saute' for 3 to 4 minutes or until cooked through.

Season the scallops with salt and pepper.

Serve with some of the corn salsa spooned over them.

Per Serving (excluding unknown items): 1093 Calories; 10g Fat (8.4% calories from fat); 163g Protein; 86g Carbohydrate; 10g Dietary Fiber; 300mg Cholesterol; 1509mg Sodium. Exchanges: 3 Grain(Starch); 20 Lean Meat; 2 1/2 Vegetable.