

Scallops with Cranberry-Grapefruit Sauce

Integrated Marketing Services - Apopka, FL

Servings: 4

Preparation Time: 10 minutes

Cook time: 40 minutes

2 large red grapefruit, peeled and sectioned

1 1/2 cups whole cranberries

1/2 cup sugar

1 tablespoon olive oil

1 pound sea scallops

For the sauce, coarsely chop the grapefruit. Discard the seeds.

In a medium stainless steel pot, combine the grapefruit, cranberries, sugar and 3/4 cup of water. Place over high heat. Bring to a boil. Cook and stir until the sugar dissolves and the cranberries start to break down.

Reduce the heat and simmer for 20 minutes. Set aside until serving time.

In a large nonstick skillet, heat the oil over medium-high heat.

Pat the scallops dry with paper towels.

Season the scallops with freshly ground pepper to taste.

Working in batches, place the scallops in the pan (do not overcrowd). Cook 2 to 3 minutes per side until both sides are browned. Transfer to a platter. Repeat with the remaining scallops.

Serve with the sauce.

Per Serving (excluding unknown items): 226 Calories; 4g Fat (16.8% calories from fat); 19g Protein; 28g Carbohydrate; 0g Dietary Fiber; 37mg Cholesterol; 183mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Fat; 1 1/2 Other Carbohydrates.