

# Scallops with Creamy Bacon Corn Sauce

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**Servings: 4**

**Start to Finish Time: 30 minutes**

**3 ears fresh corn, husks and silks removed**

**1 tablespoon canola oil**

**1/4 teaspoon Kosher salt**

**1/4 teaspoon pepper**

**3/4 pound sea scallops, thawed**

**4 slices bacon, coarsely chopped**

**8 ounces tomato trinity mix (fresh diced tomatoes, onions and bell peppers)**

**1 tablespoon blackening seasoning**

**1/2 cup half-and-half**

**1 tablespoon chives (optional), coarsely chopped**

Remove the corn husks and silks. Slice the kernels off of the cobs (2 - 3 cups) into a medium bowl. Scrape the cobs with the back of a knife to release any remaining juices.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Season the scallops with salt and pepper. Place the oil in the pan. Add the scallops. Cook 1 to 2 minutes on each side or until golden, opaque and firm. Remove the pan from the heat. Transfer the scallops to a plate and cover to keep warm.

Cut the bacon into small pieces (using kitchen shears) while adding to the same pan (wash hands). Cook 3 to 4 minutes or until crisp. Drain the bacon fat, reserving one tablespoon in the pan.

Stir in the trinity mix. Cook 2 to 3 minutes or until soft.

Combine the blackening seasoning, half-and-half and corn. Add to the pan.

Reduce the heat to medium-low. Cook 3 to 4 minutes, stirring frequently to prevent sticking.

Transfer the corn mixture to the serving dish. Top with scallops and cheese.

Serve.

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Per Serving (excluding unknown items): 200 Calories; 8g Fat (34.9% calories from fat); 18g Protein; 15g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 366mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Fat.