



Caribbean Grilled Scallop Salad

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

230.8 calories, 14.24 g carbohydrate, 4.54 g fiber, 9.7 g NET carbs, 21.03 g protein, 10.9 g fat

Ingredients

- 1/3 Tbsp(s) Frontier Organic Jamaican Jerk Seasoning Blend
- 4 cup(s) shredded organic Boston lettuce
- 1 cup diced fresh organic pineapple
- 2 Tbsp(s) fresh organic lime juice
- 2 tsp(s) organic olive oil
- 1 medium avocado, diced
- 1 pound wild scallops

Preparation

1. Prepare grill to high heat. Pat scallops dry with a paper towel. Sprinkle half of the jerk seasoning evenly over scallops.
2. Coat scallops with cooking spray. Place scallops on grill rack; grill 3 minutes on each side or until done. Remove scallops.
3. Add pineapple to grill rack; grill 2 minutes on each side. Remove pineapple from grill; chop pineapple.
4. Combine salad greens, lettuce, pineapple, and avocado in a large bowl. Combine lime juice, olive oil, and remaining spice in a small bowl. Add dressing to salad, and toss well. Place 1 1/2 cups salad into each bowl.
5. Arrange scallops over salad and serve.

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