



Scallop & Arugula Salad

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

256.6 calories, 17.67 g carbohydrate, 8.3 g fiber, 9.37 g NET carbs, 27.98 g protein, 8.72 g fat

Ingredients

- 4 cup(s) organic arugula
- 1 cup organic canned artichokes, drained and quartered
- 1 Tbsp extra virgin olive oil
- 12 whole(s) sea scallops
- 1 Tbsp organic balsamic vinegar
- 12 organic grape(s) organic grape tomatoes

Preparation

1. In a small bowl, whisk together balsamic vinegar and olive oil. Set aside.
2. Prepare pan to medium-high heat. Pat scallops dry with a paper towel.
3. Add oil to pan (preferably cast iron). When oil is shimmering, add the scallops. Cook 2 minutes, then flip and cook 2 minutes more to cook through.
4. Place arugula, tomatoes and artichokes on a plate. Top with warm scallops and drizzle with dressing. Serve.

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