

Seared Scallops with Lemon Dill Vinaigrette



Makes: 4 servings



Total Time: 20 minutes

Ingredients:

- 1 lb. Atlantic Sea Scallops, patted dry with clean dish towel
- 1 Tbsp. grapeseed oil or other mild oil with high smoke point
- 1 large lemon, room temperature
- 1 tsp. chopped fresh dill
- ¼ cup D’Avolio’s Wild Dill Olive Oil
- Salt and pepper to taste

PREPARATION

- 1. Season scallops** to taste with salt and pepper. Heat grapeseed oil in non-stick pan over medium-high heat until very hot, just before it smokes. Sear scallops in pan until browned on each side and barely opaque in the center, about 2 minutes per side depending on size.
- 2. Meanwhile**, in a small bowl, add the zest and juice of the lemon, and fresh dill. Whisk to combine, then slowly drizzle in D’Avolio’s Wild Dill Olive Oil, whisking vigorously to create smooth dressing.
- 3. Divide scallops** among 4 plates. Drizzle with lemon-dill dressing. Serve warm over fresh arugula or mizuna.

Nutrition: 220 calories; 16g fat (2.5g saturated); 5g carbohydrates; 14g protein; 590mg sodium

