

Serves 4 • Serving size: about 4 scallops

scallops with lemon vinaigrette

Scallops aren't "fancy food;" they're easy to steam and recall fresh, briny ocean flavors. Paired with bright lemon vinaigrette, this is an elegant meal you can enjoy anytime.

- 1 lb./455 g medium sea scallops
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 1 lb./455 g fresh asparagus
- 1 lemon, zested and juiced using Lemon Lime Press
- 2 tbsp. extra virgin olive oil
- 2 tsp. fresh dill, chopped
- 1 tbsp. fresh chives, chopped

Place scallops in the Colander Tray and sprinkle with half the salt and pepper. Place asparagus in the Steamer Base. Fill the Water Tray with 1¾ cups/400 mL water. Place Colander Tray on top of Steamer Base, Steamer Base on top of Water Tray and cover. Microwave on high power for 8 minutes. Meanwhile, in a small bowl, whisk the remaining ingredients together. Serve scallops and asparagus drizzled with dressing. Serve with white or brown rice.



Nutritional Information (per serving):
Calories: 190 Total Fat: 8g Saturated Fat: 1g Cholesterol: 35mg Carbohydrate: 8g Sugar: 2g
Fiber: 3g Protein: 22g Sodium: 310mg Vitamin A: 20% Vitamin C: 15% Calcium: 2% Iron: 15%

Note: Nutritional information does not include rice.

