

Scallop Salad with dried Cranberries and Gorgonzola

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Servings: 4



1 pound bay scallops, large
1/4 cup flour
1/2 teaspoon sea salt
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
2 tablespoons olive oil
6 cups mixed lettuce, sliced
1/2" thick
4 ounces gorgonzola cheese,
crumbled
4 ounces dried cranberries
2 ounces balsamic vinegar
salt and pepper to taste
1 lemon, sliced

toss scallops in flour with sea salt, cayenne and black pepper in heat olive oil in skillet and saute on medium-hot , turning as needed, (do not burn or char) for approximately 2-3 minutes on each side.

Meanwhile, place lettuce, gorgonzola cheese, cranberries, and balsamic vinegar in a mixing bowl. Toss gently with tongs.

Neatly place salad in middle of plate. Arrange scallops around top and sides of greens. Garnish with lemon slices.

Per Serving (excluding unknown items): 309 Calories; 17g Fat (47.3% calories from fat); 26g Protein; 16g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 814mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.