

Recipe: Seared Scallops with Fiery Orange Passion Fruit Salsa



Makes 4 servings

3 cups Minute Maid® Premium Orange Passion Juice Blend
1/2 cup small diced pineapple
1/2 cup small diced papaya
1/2 cup small diced mango
1/2 cup small diced red onion
1 teaspoon minced jalapeno pepper
1 teaspoon minced hot red pepper
1/2 tablespoon chopped cilantro
3/4 teaspoon salt
24 sea scallops, muscle tabs removed (about 3/4 pound)
1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon olive oil

Method:

1. Place the juice in a saucepan over medium-high heat and reduce to 2/3 cup, about 25 minutes. Cool and chill slightly. Sauce will thicken as it cools.
2. Make salsa by combining fruit, onion, peppers, cilantro, and 1/4 teaspoon salt in a bowl. Add 2 tablespoons of the sauce to the salsa and combine.
3. Season scallops with 1/2 tsp. salt and pepper. Heat olive oil in a non-stick skillet over medium-high heat. Sear scallops on the first side to golden brown, about 2-3 minutes. Turn scallops over and sear on the second side until tender and cooked through, about 2-3 minutes.
4. Serve scallops with salsa and sauce.

Nutritional Analysis:

Serving size: 6 scallops (about 3 1/4 ounces), 1/3 cup salsa, 2 tablespoons sauce
Cal: 247
Protein: 16g
Fat: 4g
Carb: 35g
Sodium: 609mg
Chol: 30mg
Sugar: 26g