



# Weekly Recipe Challenge

## Chile-Crusted Scallops with Cucumber Salad (courtesy of EatingWell)

*A refreshing salad of cucumbers and roasted cashews makes a nice contrast to these smoky scallops. You can make the salad and scallop skewers up to 8 hours in advance; cover separately and store in the refrigerator until you're ready to grill.*

**4 servings** (1 Carbohydrate Serving) | **Active Time:** 40 minutes | **Total Time:** 40 minutes



### Ingredients

#### Salad

- 2 medium cucumbers
- 1/2 cup salted roasted cashews, coarsely chopped (2 ounces)
- 2 scallions, (white and light green parts), thinly sliced
- 2 teaspoons lemon juice, juice
- 1/4 cup extra-virgin olive oil
- 1/4 cup coarsely chopped flat-leaf parsley
- 1/8 teaspoon salt

#### Scallops

- 1 teaspoon cumin seeds
- 2 tablespoons minced seeded serrano chile
- 1 teaspoon freshly cracked black pepper
- 1/2 teaspoon kosher salt
- 1-1 1/4 pounds dry sea scallops, tough muscle removed

**Tip:** 1/4 tsp of salt contains 600mg of sodium. You can decrease the total sodium content of this recipe by cutting back the salt used in seasoning the scallops.



### Instructions

1. To prepare salad: Peel and seed cucumbers; quarter lengthwise and slice 1/4 inch thick.
2. Combine the cucumbers, cashews, scallions, lemon juice, oil, parsley and salt in a large bowl.
3. To prepare scallops: Toast cumin seeds in a small skillet over medium heat until fragrant, about 1 minute.
4. Transfer to a cutting board and let cool, then coarsely chop.
5. Combine the cumin seeds, chile, pepper and salt in a small bowl.
6. Rinse scallops, pat dry and rub with the spice mixture. Thread the scallops onto four 12-inch skewers.
7. Preheat grill to medium-high. Oil the grill rack. (**To oil a grill:** Oil a folded paper towel, hold it with tongs and rub it over the rack. Do not use cooking spray on a hot grill.)
8. Grill the scallops until cooked through, about 4 minutes per side. Carefully remove the scallops from the skewers. Serve warm with the cucumber salad.



**Nutritional Information (per serving)** **Exchanges:** 1 vegetable, 3 lean meat, 3 1/2 fat (mono)

- **Calories** 304
- **Carbohydrates** 12g (Fiber 2g)
- **Cholesterol** 27mg
- **Fat** 21g ( 3 Saturated Fat; 15g Monounsaturated)
- **Sodium** 909mg (*cut added salt to decrease sodium*)
- **Potassium** 497mg
- **Protein** 17