

## **Scallops & Snow Peas** – from the Kitchen of Gail Johnson

**This dish has it all. It's easy-to-prepare, super nutritious and very delicious.**

- 1 cup of Basmati, wild or brown rice**
- 2 tablespoons extra-virgin olive oil**
- 16 sea scallops (about 1½ pounds)**
- 1 orange**
- ¾ pound snow peas, halved lengthwise**

- 1. Cook the rice according to package directions.**
- 2. Meanwhile, heat 1 tablespoon of the olive oil in a large nonstick skillet over medium-high heat.**
- 3. Pat the scallops dry and season with salt and pepper. Cook until opaque throughout and golden brown, about 2 to 3 minutes per side. Transfer to a plate and cover.**
- 4. Using a vegetable peeler, remove 4 strips of zest from the orange and slice them - thinly.**
- 5. Wipe out the skillet. Heat the remaining tablespoon of oil over medium-high heat. Add the snow peas, orange zest, salt and pepper. Cook, tossing, until the snow peas are just tender, about 2 minutes.**
- 6. Plate scallops, wild rice and snow peas.**

**Serves 4. Approximately 343 Calories per serving**

