

# Energy Salad with Scallops & Citrus Dressing

CREATED BY VALERIE COGSWELL

Ever have one of those days where you go off the rails and eat everything in sight? Or maybe you're craving something colorful, satisfying and nourishing? Energy Salad with Scallops & Citrus Dressing is your go-to meal. Created with an ideal blend of protein, carbohydrates and fat, it will re-stabilize your blood sugar and bring your body back into fat burning mode. Plus it takes only 20 minutes to prepare and is full of vitamins, fiber and antioxidants to help you feel young, fresh and happy. I love this particular combination of fennel, radish, red onion and orange, but feel free to mix and match as you see fit.



## SCALLOPS:

-Packed full of muscle-building protein, Vitamin B12 and the antioxidant selenium

## GREENS:

-Contain anti-aging, disease fighting vitamins & phytonutrients plus iron and calcium

## ORANGE:

-Source of phytonutrients, Vitamin C and fiber

## RADISH

-Contain Vitamins C, B6, K and folic acid

## FENNEL:

-Contains anti-aging phytonutrients, Vitamin C and fiber

## LEMON:

-High in Vitamin C to boost immunity

## EXTRA VIRGIN OLIVE OIL:

-Rich in monounsaturated fat and anti-inflammatory compounds

Makes 4 servings (family style)

## Ingredients:

1 lb. large sea scallops, brought to room temperature and gently patted dry with paper towels

Extra virgin olive oil

Sea salt

Fresh ground black pepper

For the dressing:

All of the juice from 1/2 lemon

All of the juice from 1/2 orange

2 garlic cloves, finely minced

About 1/3 cup extra virgin olive oil

1/4 teaspoon sea salt

Fresh ground black pepper

Drizzle of honey

For the salad:

Your favorite greens (I like a Spring Mix)

1 orange, segmented

1/2 red onion, sliced very thin

3/4 cup thinly sliced radishes (I cheat and buy them pre-sliced at my market's salad bar)

1/2 fennel (totally optional, but adds a beautiful flavor and isn't nearly as scary as it looks)

Heat a large, non-stick, high quality pan over medium-high heat. Once hot, brush with a little extra virgin olive oil. Let the oil heat up for one minute. Season scallops with sea salt and pepper. Add the scallops to the pan one at a time, giving each plenty of space. Let the scallops chill and do their thing (meaning don't touch!) so that they caramelize properly. How long the scallops take to cook depends on their size- the ones in the picture were large and took about 6 minutes per side. You want the top and bottom to be golden brown and the inside to be opaque. While the scallops cook, whisk together the lemon juice, orange juice and garlic in a small bowl. Slowly whisk in the extra virgin olive oil and season with salt, pepper and honey. Plate the salad ingredients and drizzle with dressing. Gently place those delicious scallops on top and enjoy!

## What's the Balance?

This recipe has a great balance of all-natural carbohydrates, heart healthy fats and complete protein to stabilize your blood sugar and help you to burn fat, boost your metabolism and feel amazing.