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Seared Scallops with Sautéed Cucumbers

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Sweet sea scallops pair beautifully with lightly sauteed cucumbers. Try adding a handful of julienned snow peas to the cucumbers, for extra crunch. Serve simply with crusty bread or a few boiled new potatoes.



4 servings

Active Time: 25 minutes

Total Time: 1 hour

NUTRITION PROFILE

[Diabetes appropriate](#) | [Low calorie](#) | [Low carbohydrate](#) | [Low saturated fat](#) | [Low sodium](#) | [Heart healthy](#) | [Healthy weight](#) | [High potassium](#) | [Gluten free](#) | [View Our Nutrition Guidelines »](#)

INGREDIENTS

- 2 large English cucumbers
- 1/2 teaspoon kosher salt, divided
- Freshly ground pepper, to taste
- 3 teaspoons butter, divided
- 3 teaspoons extra-virgin olive oil, divided
- 1/4 cup reduced-fat sour cream
- 1 1/4 pounds large dry sea scallops, (see Tip), tough muscle removed
- 1 tablespoon minced fresh dill, or flat-leaf parsley for garnish

PREPARATION

1. Cut cucumbers in half lengthwise, scrape out seeds with a spoon and cut crosswise into 1/4-inch-thick slices. Transfer to a colander set over a bowl. Toss with 1/4 teaspoon salt and set aside for 30 minutes to drain.
2. Heat 1 teaspoon butter and 2 teaspoons oil in a 12-inch cast-iron skillet over high heat. Add the drained cucumbers and cook, stirring, until wilted and beginning to brown, 2 to 4 minutes. Stir in sour cream and cook, stirring, for 1 minute. Transfer to a small bowl.
3. Wipe out the pan. Heat the remaining 2 teaspoons butter and 1 teaspoon oil over high heat. Add scallops, season with the remaining 1/4 teaspoon salt and pepper and cook until lightly browned and cooked through, 2 to 3 minutes per side. Gently stir the cucumber mixture into the scallops. Serve garnished with dill (or parsley), if desired.

TIPS & NOTES

- **Tip:** Be sure to buy “dry” sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops that have been treated with STP (“wet” scallops) have been subjected to a chemical bath and are not only mushy and less flavorful, but also will not brown properly.

NUTRITION

Per serving: 225 calories; 9 g fat (4 g sat , 3 g mono); 60 mg cholesterol; 10 g carbohydrates; 25 g protein; 1 g fiber; 377 mg sodium; 697 mg potassium.

Nutrition Bonus: Selenium (46% daily value), Magnesium (25% dv), Potassium (20% dv), Vitamin C (15% dv).

Carbohydrate Servings: 1/2

Exchanges: 1 vegetable, 3 lean meat



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