Be Fit Basics: Scallops with Horseradish Cream
Adapted from Cooking Light

1 cup peeled and chopped cucumber
1 cup low fat plain yogurt
2 tbsp finely chopped parsley
1 1/2 tbsp horseradish (jarred, e.g. “prepared,” or fresh*)
1/4 tsp kosher salt
1/8 tsp black pepper
1 tbsp olive oil
1 1/2 pounds scallops

Instructions:
Combine the first six ingredients in a small bowl; set sauce aside.

Heat a sauté pan on medium high heat; add olive oil. Add scallops to the pan and cook until no longer translucent, about 1 minute per side. Serve with the prepared cucumber horseradish sauce.

Note:
*If using fresh horseradish root, peel it like you would a carrot and then grate the root with a microplane or cheese grater.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING:
CALORIES: 195 calories         PROTEIN: 24 g                         SODIUM: 480 mg
CARBOHYDRATE: 11 g            FIBER: 0.5 g
FAT: 5 g                                Sat Fat: 1.5 g

MAKE IT A MEAL:
Entrée: one serving of scallops with horseradish cream
Veg: 2 cups salad greens with 1/2 tbsp olive oil (60 calories), 1 tbsp balsamic vinegar (15 calories), and 1/4 a large apple, sliced (30 calories)
Starch: 1 small whole wheat roll, about 2 1/2 inches in diameter (95 calories)

GROCERY SHOPPING LIST
Scallops (1 1/2 pounds)
Cucumber
Parsley
Salad greens
Apple
Plain low fat yogurt
Horseradish (prepared or the root itself)
Whole wheat rolls
Condiments: olive oil; salt; black pepper, balsamic vinegar

USE OF LEFTOVERS
-Have leftover horseradish cream? Use it as condiment in a roast beef, cheddar and arugula sandwich on whole wheat bread. (You could also use it in a smoked salmon sandwich.)