



BeFit

Be Fit. Eat Healthy. It's your choice.

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
1½ tbsp horseradish (jarred, e.g. "prepared," or fresh*)
¼ tsp kosher salt
1/8 tsp black pepper
1 tbsp olive oil
1½ 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 ½ tbsp olive oil (60 calories), 1 tbsp balsamic vinegar (15 calories), and ¼ a large apple, sliced (30 calories)

Starch: 1 small whole wheat roll, about 2½ inches in diameter (95 calories)

GROCERY SHOPPING LIST

Scallops (1½ 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.)