

SCALLOPS WITH HORSERADISH CREAM

Adapted from Cooking Light

Ingredients

- 1 cup chopped cucumber
- 1 cup low-fat plain yogurt
- 2 tablespoon finely chopped parsley
- 1½ tablespoon horseradish (jarred “prepared” or fresh)
- ¼ teaspoon salt and ⅛ teaspoon pepper
- 1 tablespoon 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 and 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 FACTS PER SERVING

CALORIES: 200

PROTEIN: 24 grams

SODIUM: 480 milligrams

CARBOHYDRATE: 11 grams

FIBER: 1 grams

FAT: 5 grams

SATURATED FAT: 2 grams