

SUMMER FLAVOR



Seared Sea Scallops with Smokey Corn Puree and Broccoli

Corn is a fan favorite when it comes to summer produce and often signals the season is in full swing once it's harvested. As a good source of fiber, corn is a nutritious and kid-pleasing choice. When popped in an air-popper without unhealthy amounts of butter and salt it even makes a chewy treat. Experiment with recipes that go beyond the traditional cob or simple side like this flavorful and light pureed dish.

SERVES: 3 - 4

INGREDIENTS:

1 lb. large	Sea scallops	¼ cup	Fresh herbs, chopped (parsley, cilantro, etc.)
1 tbsp.	Safflower, coconut or olive oil	¼ tsp.	Red pepper flakes, optional
To taste	Salt and black pepper	2-3 cups	Broccoli florets
2-3 cups	Sweet corn (cut fresh from cob or frozen)		
1-2 cloves	Garlic, minced		
1 tsp.	Smoked paprika		
¼ tsp.	Salt		
¼ tsp.	Black pepper, more to taste		
2 tbsp.	Low-fat, plain yogurt (or sour cream)		
½ cup	Roasted red peppers, chopped		

DIRECTIONS:

1. In a large pot, bring water to a boil and cook corn then drain.
2. Transfer corn to a blender or food processor (or use an immersion blender in the pot). Add the garlic, paprika, salt, pepper, yogurt, roasted red peppers and red pepper flakes. Blend or pulse until lightly pureed with a few corn pieces left or until smooth. Add puree back to a pot and keep warm.
3. In another pot, boil or steam broccoli until just tender. Season with pepper.
4. Meanwhile, heat oil in a large skillet (cast iron works well) over medium-high heat. Pat scallops dry and season with salt and pepper. When skillet is hot add scallops being careful not to over crowd the pan. Sear for 1-2 minutes (or until lightly browned), flip and sear on the other side for an additional 1-2 minutes or until cooked through.
5. To serve, spoon $\frac{1}{2}$ cup corn puree onto a plate, top with 3-4 scallops and 1 cup broccoli. Garnish with fresh herbs and enjoy.

ALTERNATIVES:

- Vary the herbs and seasonings (chili powder, chipotle, etc.) and puree the corn with other vegetables like cauliflower, broccoli, parsnips or carrots. Serve with grilled chicken, fish or shrimp.
- Mist corn-on-the-cob with olive oil, grill and season with black pepper, a little salt and chili powder for a kick. Serve with healthful grilled meats like lean turkey or beef burgers, chicken, fish or veggie burger.
- Add corn to a whole-wheat batter with other summer vegetables and bake or sauté in a non-stick pan for healthier savory fritters or pancakes.
- Toss corn with black beans, peppers, tomatoes, onion, avocado and greens for a vegetarian taco salad.

