

# Canyon Ranch Scallops

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Serves 4

## INGREDIENTS

- 6 Tbsp olive oil
- 1/4 cup grated lemon zest
- 1 teaspoon honey
- 1/2 teaspoon fresh lime juice
- Half a ripe papaya, peeled and diced
- 1 1/2 tablespoons minced red bell pepper
- 2 teaspoons chopped cilantro
- 1 teaspoon chopped green onion
- 1 teaspoon minced red onion
- Pinch of salt
- 1 pound sea scallops (about 12)

## PREPARATION

1. In a small bowl, combine 3 tbsp oil and zest. Let sit 1 hour at room temperature. Strain mixture, using a fine sieve. In another small bowl, combine honey and lime juice. Add remaining ingredients for papaya relish and mix well. Heat 1 tbsp oil in a large saute pan. Sauté scallops over medium heat until cooked through, about 2 to 3 minutes on each side. For each serving, place 3 scallops on a plate and drizzle 1 tbsp lemon oil over scallops. Top with 2 tbsp papaya relish.

- 1.
- 2.

## The skinny

245 calories per serving, 7 g fat (1 g saturated), 9 g carbs, 2 g fiber, 20 g protein