

PAN-SEARED SCALLOPS WITH TOMATOES AND PESTO



Here's an easy yet elegant dish, full of the fresh flavors of summertime. Of course, your own homemade pesto would be sensational in this but the store-bought variety makes the recipe in a jiffy. Tim suggests serving over sautéed spinach with a sprinkling of toasted pine nuts.

INGREDIENTS:

- 1 1/2 pounds sea scallops
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- cooking spray
- 1/4 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 2 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- 2 cups cherry tomatoes
- 3 tablespoons commercial pesto
- 1 tablespoon chopped fresh basil
- 1/2 teaspoon minced garlic
- 2 tablespoons pine nuts (optional)

PREPARATION:

Heat a large cast-iron skillet over high heat. Pat scallops dry with paper towels; sprinkle with salt and pepper. Lightly coat pan with cooking spray. Add scallops to pan; cook 2 minutes on each side or until golden brown; do not overcook. Remove scallops from pan; keep scallops warm.

Reduce pan heat to medium. Add lemon rind, lemon juice, vinegar, and olive oil to pan; bring to a simmer. Add tomatoes; cook 1 minute, tossing to coat.

Spoon about 2 teaspoons pesto on each of 4 plates. Arrange one-quarter of scallops and about 1/2 cup tomato mixture on each plate. Lightly sprinkle with basil and minced garlic.

Serves four. Pair with Sarah's Vineyard Estate Viognier.

