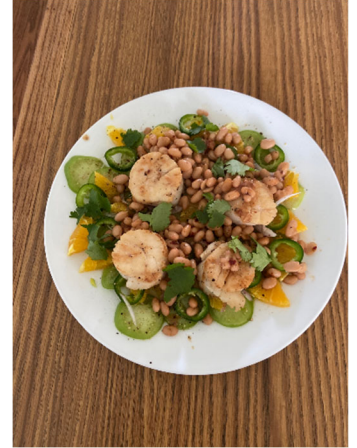


## SCALLOPS WITH SPICY BEANS, TOMATILLO, AND CITRUS

### INGREDIENTS

4 tomatillos, husked, rinsed, and thinly sliced  
2 small oranges, peeled, thinly sliced, seeds removed  
1 (or more) small fresh jalapeno, thinly sliced, seeds removed for less heat if you like  
1 small shallot, thinly sliced  
2 tablespoons fresh lime juice, plus more for seasoning  
3 tablespoons olive oil, divided  
Kosher salt and freshly ground black pepper to taste  
1 1/2-2 pounds sea scallops, side muscles removed  
2 tablespoons avocado oil  
1 (15 ounce) can navy beans, drained and rinsed  
2 teaspoons Aleppo-style pepper or 1 teaspoon crushed red pepper flakes  
1/2 cup fresh cilantro, tender leaves and stems



### DIRECTIONS

Combine the tomatillos, oranges, jalapeno, shallot, lime juice, and 2 tablespoons olive oil in a large bowl; season with salt and pepper and set aside.

Season the scallops with salt and pepper. Heat the avocado oil in a large cast-iron skillet, over medium-high heat. Working in batches, add the scallops and, using a fish spatula, press lightly to make good contact with the skillet. Sear until deeply browned, about 3 minutes per side.

Transfer the scallops to a large plate or serving platter. Without wiping the skillet, add the remaining 1 tablespoons olive oil, followed by the beans and Aleppo-style pepper, and season with salt and pepper. Cook, shaking the skillet occasionally, until the beans have soaked up all the bits, about 4 minutes or so.

Transfer the tomatillos and citrus to a large serving platter and top with the beans, scallops, and cilantro.

Citrus and tomatillos can be cut a few hours ahead – I usually prepare before starting the scallops and leave on the counter for flavors to meld.

Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories 345	
	% Daily Value *
Total Fat 16 g	25 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 42 mg	14 %
Sodium 252 mg	10 %
Potassium 826 mg	24 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 10 g	40 %
Sugars 7 g	
Protein 27 g	53 %
Vitamin A	27 %
Vitamin C	68 %
Calcium	11 %
Iron	9 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	