

LEMON AND GARLIC PASTA WITH PAN-SEARED SCALLOPS

From: Keep The Beat: National Health Lung and Blood Institute

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=11&cId=5&rId=60&AspxAutoDetectCookieSupport=1>

Ingredients

- 1 large lemon, grated for zest (and freshly squeezed for 2 Tbsp lemon juice)
- 1 Tbsp garlic, minced or pressed (about 2-3 cloves)
- 2 Tbsp olive oil, divided into two 1-Tbsp portions
- 16 large sea scallops (about 1lb)
- ¼ Tsp salt
- 1/8 Tsp ground black pepper
- 8 oz very thin spaghetti (vermicelli or angel hair)
- 2 Tbsp. shredded parmesan cheese

Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. When the water boils, reduce heat to simmer until you're ready to cook the pasta (step 5).
2. While the water is heating up, use a grater to take off small peels of the skin of one lemon into a small saucepan. Cut the lemon in half and squeeze the juice into the pan and remove pits. Use the back of a large spoon to press the inside of the lemon to extract more juice. Add the garlic and 1 tablespoon of the olive oil to the saucepan. Stir to blend well. Place on stovetop on low heat.
3. Heat a large nonstick pan or grill pan on high temperature until very hot. Sprinkle the scallops with salt, pepper, and 1 tablespoon of olive oil. Toss to coat well.
4. Place the scallops in the hot pan. Cook about 4 minutes on each side, or until scallops are well browned and firm and milky white to the center (to a minimum internal temperature of 145° F).
5. After turning the scallops to the second side, drop the pasta into the boiling water. Set temperature on medium, and cook for 2 minutes or the shortest recommended time according to package directions.
6. When the pasta is done, set aside ½ cup of the cooking water. Drain the pasta. Return drained pasta to the pot, and toss with the warm olive oil mixture and the ½ cup reserved pasta water.
7. Divide the pasta equally among four plates (about 1 cup per plate). Top each with four scallops.
8. Garnish each dish with ½ tablespoon of shredded parmesan cheese. Serve immediately.

Makes 4 servings (Serving size: 4 scallops, 1 cup pasta)

Nutritional information per serving (4 servings)

Calories: 376

Total fat: 9g

Saturated fat: 2g

Cholesterol: 48mg

Sodium: 429mg

Total fiber: 2g

Protein: 28g

Total Carbohydrates: 43g

Potassium: 426mg

