



**SEARED DIVER SEA SCALLOPS WITH PURPLE STICKY RICE, BROCCOLINI,
YELLOW BABY CARROTS, TOPPED WITH A MANGO GRAPEFRUIT RELISH**

8 Diver U-10 Sea Scallops
2 cups Purple sticky rice, cooked
24 sprigs broccolini
8 yellow baby carrots
24 grapefruit segments
1/8 cup diced mango

1 Tbsp. Extra virgin olive oil
1/8 tsp. kosher salt
1 tsp. cracked black pepper
1 tsp. Mrs. Dash
1 Tbsp. Honey
4 scallion flowers

Directions:

Pan sear scallops with in olive oil and Mrs. Dash. Sear to medium (130 degrees) and golden color.
Steam vegetables and prepare rice according to package directions.
Combine grapefruit, mango, juice from mango and grapefruit, honey and mix well.
Serve 2 scallops over rice, add steamed vegetables to the plate and garnish with grapefruit mixture and scallion flower.

Yield: 4 servings

Executive Chef Bryan Ferreira, Treat America Dining

Nutrition Information: 450 Calories, 3gm fat, 0 gm saturated fat, 0 gm trans fat, 5 mg cholesterol, 25 gm carbohydrate, 4 gm fiber, 15 gm protein, 290 mg sodium

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**