



**WILLIAM K. NASSER, MD,  
DINING A LA HEART 20<sup>TH</sup> ANNUAL FUNDRAISER**

**SCALLOPS AND CUCUMBER SALAD**

**INGREDIENTS**

24 oz. large scallops

2 cups tomatoes, chopped

½ cup finely chopped red onion

**Cucumber Salad**

8 medium Radicchio leaves

1 cup Cuisine Naturelle Vinaigrette Dressing

16 Bibb lettuce leaves

1 tsp. chopped dill

2 tsp. Mrs. Dash Spicy seasoning

1 tsp. chopped cilantro

1 cucumber

8 lemon wedges

**DIRECTIONS**

Toss Bibb lettuce and Radicchio leaves in Mrs. Dash Spicy seasoning. Spray non-stick pan with non-fat cooking spray. Sear scallops, turning until cooked through, about 5 minutes. Peel cucumber and remove seeds; slice on the bias. Sauté tomato, onion and cucumber for 20 seconds. Add tomato mixture to mixed greens and toss with ¾ cup dressing. Add hot scallops to top of salad. Sprinkle remaining dressing on top and garnish with lemon wedge, dill and cilantro. Serve immediately.

**Yield** = 4 servings

**Recipe by:** Chef Paul Jones

Indiana Convention Center

**Nutrition Information for 1 Serving:**

280 calories, 2 gm fat, 0 gm saturated fat, 55 mg cholesterol, 285 mg sodium

**Recipe by:** Executive Chef Paul Jones, Indiana Convention Center