



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

**SEARED SCALLOPS W/ A CITRUS PESTO
ON TOMATO AND CORN SALAD**

Ingredients

SCALLOPS

12 scallops [U 10]

1 Tbsp. sesame oil

juice of one orange

CITRUS PESTO

1/2 c fresh italian flat leaf parsley

1/2 c fresh arugula

zest from 1 lemon, lime and orange

1/4 c toasted pine nuts

1/4 c olive oil

2 cloves garlic

1/8 tsp salt

1/2 tsp. pepper

TOMATO AND CORN SALAD

3 ears sweet corn

1 lb. grape tomatoes halved

1/4 c diced red onion

1 Tbps. rice wine vinegar

1/4 c chopped fresh basil

1/8 tsp salt

1/2 tsp. pepper

SCALLOPS

Heat oil in a medium size skillet. Carefully place scallops in the pan, sear about 2 minutes before turning and repeat 2 minutes on the other side. Deglaze pan with fresh orange juice.

CITRUS PESTO

Place all ingredients into a food processor, mix well until smooth, and let chill before serving.

TOMATO AND CORN SALAD

In a large bowl cut the corn off of the cob, then with the dull side of a knife scrape the pulp out of the corn by running knife down the cob into the bowl. Add the rest of the ingredients and mix well. Set a side until you are ready to serve.

Yield: 4 servings

Sous Chef Kevin McHugh and Executive Chef TJ Ranft, Ritz Charles, 12156 N Meridian St. Carmel, 575-2252

Nutrition Information: 230 Calories, 83 gm fat, 1 gm saturated fat, 0 gm trans fat, 15 mg cholesterol, 30 gm carbohydrate, 5 gm fiber, 10 gm protein, 170 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**