

Seared Scallops with Cauliflower Purée

(4 servings: ½ cup purée and about 4 scallops)

Ingredients:

- 2 cups chopped Cauliflower florets
- 1 cup cubed peeled Yukon gold potato
- 1 cup Water
- ½ cup fat-free, lower sodium Chicken Broth
- 1 tbsp Canola oil
- 1½ lbs Sea Scallops
- ¾ tsp kosher Salt, divided
- ½ tsp coarsely ground black Pepper
- 1½ tbsp unsalted Butter
- ⅛ tsp red Pepper

Directions:

Bring first 4 ingredients to a boil in a saucepan, cover, reduce heat, and simmer 6 minutes or so until potato is tender.

Remove from heat and let stand, uncovered 10 minutes

Heat a large skillet over high heat.

Add oil, swirl to coat.

Pat scallops dry with paper towels; sprinkle ¼ tsp each salt and black pepper.

Add scallops to pan; cook 3 minutes on each side or until desired degree of doneness.

Remove scallops from pan.

Pour cauliflower mixture in a blender.

Add ½ tsp salt, the butter and red pepper.

Remove center piece of blender lid (to allow steam to escape); secure lid on blender.

Place a clean towel over opening in lid (to avoid splatters).

Blend until smooth.

Serve purée with scallops.