

# Seared Scallops with Snow Peas and Orange

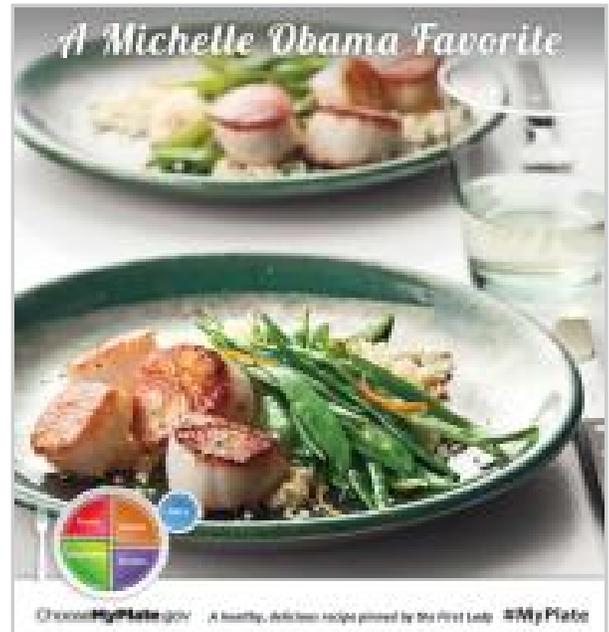
**Makes:** 4 Servings

## Ingredients

- 1 cup couscous
- 2 teaspoons olive oil
- 1 tablespoon olive oil
- 1 1/2 pounds sea scallops (about 16 scallops)
- 1 orange
- 3/4 pound snow peas (halved lengthwise)
- Kosher salt
- black pepper

## Directions

1. Cook the couscous according to the package directions.
2. Meanwhile, heat 2 teaspoons of the oil in a large nonstick skillet over medium-high heat.
3. Pat the scallops dry and season with 1/4 teaspoon each salt and pepper. Cook until opaque throughout and golden brown, 2 to 3 minutes per side. Transfer to a plate and cover.
4. Using a vegetable peeler, remove 4 strips of zest from the orange. Thinly slice them.
5. Wipe out the skillet. Heat the remaining tablespoon of oil over medium-high heat. Add the snow peas, orange zest, and 1/4 teaspoon each salt and pepper.
6. Cook, tossing, until the snow peas are just tender, about 2 minutes. Serve with scallops and couscous.  
A First Lady's Favorite from Real Simple



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	343	
Total Fat	7 g	11%
Protein	27 g	
Carbohydrates	43 g	14%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	455 mg	19%

## MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 cup
Grains	1 1/2 ounces
Protein Foods	3 ounces

