

Pan-Seared Scallops and Herb Collard Sauce with Creamy Grits

Featuring Scallops

With a naturally sweet flavor, sea scallops are the star of this dish. Here, they're quickly seared on each side and paired with savory grits flavored with Parmesan cheese. A bright green herb collard sauce gives the dish additional zest. This riff on shrimp and grits pays homage to the foods of the American South.

Makes 4 servings

Prep Time: 20 min.

Cooking Time: 15 min.

Total Time: 35 min.

Recipe Author

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Notes:

- 1 May use frozen scallops; just thaw and follow directions in step 2.
- 2 Cook grits according to package directions (grits come in different varieties, each with varying cook times for desired texture).
- 3 This recipe makes more collard sauce than is needed for this dish. Use the leftovers in other meat, vegetables, or grain dishes, or freeze for later use.

Nutritional information (per serving):

290 calories, 12 g fat, 4 g saturated fat, 555 mg sodium, 24 g carbohydrate, 50 mg cholesterol, 3 g total sugar, 1 g fiber, 23 g protein

Ingredients:

Creamy Grits:

1 1/2 cups water (for additional flavor, use low-sodium seafood, chicken, or vegetable stock)
1 cup low-fat milk
1/2 teaspoon salt
1/2 cup corn grits, uncooked
1 tablespoon unsalted butter
1/4 cup Parmesan cheese, grated or shredded

Pan-seared scallops:

12 ounces sea scallops, fresh (about 12 large or 15-18 medium)
1/2 teaspoon kosher salt
1 teaspoon black pepper
1 tablespoon vegetable oil

Collard Herb Sauce:

1/2 bunch collard greens, washed, stemmed, and blanched
1/2 bunch parsley, washed, stemmed (about 1 cup)
1/2 bunch cilantro, washed, stemmed (about 1 cup)
6 cloves garlic, peeled
2 tablespoon lemon juice
1 tablespoon fresh lemon zest
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
1/2 cup olive oil

Instructions:

- 1 To prepare the grits: In a medium saucepan, combine the water (or stock), milk, and salt, and bring to a boil over medium-high heat. Slowly add the grits, stirring with a whisk to prevent lumps. Reduce heat to low, cover, and simmer for about 10 minutes until tender, whisking to ensure grits remain smooth and do not burn. May add additional water, if too dry. Remove from heat, and stir in the butter and Parmesan cheese.
- 2 To prepare the scallops: Remove the muscle band from each scallop and discard, then pat dry with a towel, lightly season with salt and pepper, and set aside until ready to cook. In a skillet on medium-high heat, add oil. Once hot, place scallops in the skillet and cook for 1-2 minutes, until a crust has developed on the bottom. Flip each scallop and cook until a crust develops on the other side. Remove scallops from pan. (Do not overcook.)
- 3 To prepare the collard herb sauce: Add all ingredients, except the olive oil, into the container of a food processor and pulse until ingredients are finely chopped. Scrape down the sides of the container if necessary. Continue to pulse while slowly adding the olive oil, until smooth. Store in an airtight container. (This recipe makes about 3/4 cup sauce.)
- 4 To assemble: Per serving, ladle 1/2 cup grits, top with 3-5 scallops, and serve 2 teaspoons collard herb sauce over scallops.