# Scallop with Mango Avocado Salsa

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*Scallop with tropical salsa*



**Yield:** 4 servings

**Ingredients:**

***Salsa:***

1 cup Mango, diced

¼ cup Red pepper, diced

¼ cup Red onion, diced

¼ Avocado, diced

1 Jalapeno diced

1 Tbsp. Fresh cilantro, chopped

1 Tbsp. Lime juice

1 Tbsp. Paprika, ground

1 tsp. Cumin, ground

¼ tsp. Salt

1 tsp. Pepper

***Scallop:***

16 Fresh sea scallops

Olive oil, as needed

**Method of Preparation:**

1. Cut and toss together all salsa ingredients. Set aside.
2. Sauté scallops in a pan with oil for at least 2 minutes on each side. The ridges should be golden brown.
3. Plate the scallops and top with a scoop of mango salsa, serve immediately, and enjoy!

**Nutritional Analysis:** Per serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories: | 490 kcal | Fiber: | 13 g |  Calcium: | 144 mg |
| Total Fat: |  9 g | Cholesterol: | 75 mg | Iron: | 6 mg |
| Saturated Fat: |  1.5 g | Vitamin D: | 0 mcg | Sodium: | 950 mg |
| Protein: |  37 g  | Potassium | 1,611 mg |
| Carbohydrates: |  25 g |  |  |  |  |
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