

PANKO-PARMESAN CRUSTED BAKED SCALLOPS WITH CUCUMBER, BLUEBERRY AND FETA SALAD

Preparation: **15** minutes | Cooking: **10-15** minutes | Servings: **4**

INGREDIENTS

3 cucumbers, peeled, halved and sliced thin
1 pound large dry sea scallops
1 pint blueberries
1 cup traditional crumbled feta cheese
1/2 cup white balsamic vinaigrette
1/2 cup whole wheat panko breadcrumbs
1 ounce parmesan
3 tablespoons olive oil, divided

3 tablespoons thinly sliced mint leaves
2 tablespoons chopped fresh parsley
2 tablespoons chopped shallots
2 tablespoons lemon juice
2 tablespoons unsalted butter, melted
1/4 teaspoon kosher salt
1/4 teaspoon ground pepper



INSTRUCTIONS

Scallops

Preheat your oven to 425°F. Coat the bottom of an 8-inch square baking dish with 1 tablespoon of oil. Pat the scallops dry and arrange in the dish in a single layer. Sprinkle the scallops evenly with salt and pepper. Whisk melted butter, lemon juice and shallots in a small bowl, and then pour the butter mixture over the scallops. In the same bowl, combine panko, parmesan, parsley and the remaining 2 tablespoons of oil. Sprinkle the panko mixture evenly over the scallops. Bake for 10 to 15 minutes until the scallops are opaque and the topping is golden brown. Serve hot.

Salad

Combine the cucumbers and blueberries in a large bowl. Season with salt and pepper. Add the white balsamic vinaigrette, mint and feta, tossing gently to combine. Refrigerate for 20 minutes before serving to allow the flavors to meld.