



Catholic Health Initiatives

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Seared Scallops with Bacon and Oranges

Servings: 4

Prep/Cook Time: 20 minutes

Ingredients:

4 bacon slices

3 navel oranges, divided

1½ pounds fresh sea scallops

Salt and pepper

1 tbsp. apple cider vinegar

Fresh thyme, chopped



Seafood & Citrus

Directions:

In skillet cook bacon, over medium-high until crispy, approximately 3 minutes on each side. Remove from pan (leaving grease) and chop.

Cut 1 orange in half and squeeze juice into bowl. Peel and section the remaining 2 orange and set aside.

Increase heat to high. Pat scallops dry and sprinkle with salt and pepper. Add scallops to leftover bacon grease and cook until golden brown, approximately two minutes on each side. Transfer scallops to plate and cover with foil to keep warm.

Add orange juice, vinegar, and pinch of salt to warm pan and cook to simmering. Scrape pan to loosen browned bits and drizzle mixture evenly over scallops. Top with bacon, orange pieces and fresh thyme.

Serve immediately and enjoy.

Harvest of the Month

oranges