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Scallop Stir-Fry Salad

Prep Time: 10 mins

Cook Time: 6 mins

Total Time: 16 mins

Ingredients

- 6 ounce(s) sea scallops, fresh or frozen
- 1 tablespoon orange juice
- 1 tablespoon soy sauce, reduced-sodium
- 1 1/2 teaspoon vinegar, rice
- 1/2 teaspoon oil, toasted sesame
- 1 tablespoon oil, cooking
- 1/2 cup(s) pea pods, fresh, halved, strings and tips removed
- 1/4 cup(s) onion(s), green, sliced
- 1/2 pepper(s), red, bell, seeded and sliced into strips
- 6 ounce(s) corn, baby, rinsed and drained
- 1 cup(s) cabbage, napa (Chinese), shredded
- 1 cup(s) spinach, torn



Preparation

1. Thaw scallops, if frozen. Rinse scallops; pat dry. In a small bowl, stir together orange juice, soy sauce, vinegar, and sesame oil. Set aside.
2. In a skillet, heat 2 teaspoons cooking oil over medium-high heat. Add scallops; stir-fry about 2 minutes or until opaque. Remove scallops from skillet.
3. Add remaining 1 teaspoon cooking oil to skillet. Add pea pods, sweet pepper, and green onion; stir-fry for 2 to 3 minutes or until crisp-tender. Add scallops, corn, and orange juice mixture; stir-fry about 1 minute or until heated through. Remove from heat.
4. In a salad bowl, combine cabbage and spinach. Top with scallop mixture; toss to combine.

Makes 2 (1 1/2-cup) servings.