

# Seared Scallops with Avocado-Parmesan Vegetable Spaghetti

Ingredients:

- 1 cup (tightly packed) fresh basil, chopped
- 3 Tbs almond slivers
- 2 cloves garlic, minced
- 1/4 cup grated parmesan
- 1/2 tsp. salt and pepper
- 1 tomato, chopped
- 1 avocado, chopped
- About 4 to 6 oz. vegetable spaghetti
- 1/4 cup olive oil
- 2 Tbs butter
- 1/2 lb. sea scallops
- 1/4 tsp. Old Bay Seasoning

Add basil, almonds, garlic, parmesan cheese, salt, pepper, tomato, and avocado in a bowl. Toss lightly. Set side.

Cook spaghetti per instructions on the box. Drain and let cool slightly. Stir in olive oil. Add the basil mixture and combine.

Add butter to a large skillet over medium-high heat. Pat sea scallops with a paper towel to soak up any moisture. Sprinkle Old Bay Seasoning over sea scallops. Sear sea scallops for about 2 minutes on both sides. Remove to a plate.

Add spaghetti to a plate and arrange scallops on top. Garnish with a little more fresh basil and enjoy!

This delicious recipe can be found on the website *Points In My Life* ([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Love is that condition in which the happiness of another person is essential to your own."\* - Anonymous***