

Sesame Soy Scallops

Ingredients:

- 1 tsp. ground ginger
 - 1 garlic clove, minced
 - 1 scallion, white part only, minced
 - 1 tsp. water
 - 2 tsp. soy sauce
 - 2 tsp. sugar
 - 1 tsp. sesame oil
 - 1 Tbs olive oil
 - 1/2 lb. sea scallops
- salt and pepper

In a bowl, mix together ginger, garlic, scallion, water, soy sauce, sugar, and sesame oil. Set aside

Add olive oil in a large skillet over medium-high heat. Season scallops with a little bit of salt and pepper. Once the oil is very hot, place the scallops in the skillet. Sear on one side for one minute and then flip them over. Pour sesame soy mixture in the skillet and continue cooking for 30 to 45 more seconds. Remove scallops to a plate and serve with your favorite side dish.

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

"If you want something you've never had, then you have to do something you've never done." - Anonymous