

Grilled Scallop Salad with Fresh Grapefruit Vinaigrette

This warm winter salad is substantial enough to serve as a light lunch.

GRAPEFRUIT VINAIGRETTE

- ¼ cup (2 fl oz/60 ml) freshly squeezed grapefruit juice
- 2 tablespoons champagne vinegar or white wine vinegar
- ¼ cup (2 fl oz/60 ml) safflower oil
- ¼ cup (1¼ oz/35 g) finely minced red (Spanish) onion
- 1 teaspoon grapefruit zest
- ¼ teaspoon salt
- freshly ground white pepper to taste

SCALLOP SALAD

- ¾ lb (375 g) sea scallops
- ½ cup (2½ oz/75 g) red (Spanish) onion, cut into 1-in (2.5-cm) chunks

2 cups (4 oz/125 g) fresh spinach, cut into chiffonade

2 grapefruits, peeled, seeded and cut into sections

1. Heat a grill or broiler. Soak 8 bamboo skewers in water for 20 minutes.
2. To prepare the grapefruit vinaigrette, combine the grapefruit juice and vinegar in a medium bowl. Slowly drizzle in the safflower oil, whisking constantly. Add the minced onion and grapefruit zest; season with the salt and pepper.
3. To prepare the scallop salad, place the scallops and red onion chunks on skewers. Brush lightly with 1 tablespoon of the grapefruit vinaigrette. Grill or broil 1 minute on each side, until firm and opaque.
4. Make a bed of the spinach on a serving platter, and arrange the skewers on top. Scatter the grapefruit sections around the skewers, and drizzle with the remaining grapefruit vinaigrette. Serve at once.

Serves 4

1 serving: Calories 260, Protein 16 g, Carbohydrates 17 g, Fiber 3 g, Total fat 15 g (Saturated 1.5 g, Monounsaturated 2 g, Polyunsaturated 11 g), Cholesterol 30 mg, Sodium 310 mg, Vitamin A 40%, Vitamin C 100%.

▲ 1 Fruit, 1/2 Vegetable, 1 Meat

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