

## *Seared Scallops with Warm Tuscan Beans*

*Stephanie Collins*

2 Tbsp. olive oil, divided

1 ½ lbs. sea scallops

¼ tsp. salt

1 cup chopped onion

⅛ tsp. crushed red pepper

2 cloves garlic, minced

¼ cup dry white wine

1 cup fat-free, less-sodium  
chicken broth

1 (19 oz.) can cannellini beans  
or other white beans, rinsed  
and drained

1 (6 oz.) pkg. fresh spinach

2 Tbsp. chopped fresh basil

Heat 1 tablespoon oil in large skillet over medium-high heat. Sprinkle scallops evenly with salt. Add scallops to pan. Cook 2 minutes one each side or until done. Remove scallops from pan and keep warm.

Add remaining 1 tablespoon oil and onion to pan; sauté 2 minutes. Add pepper and garlic; cook 20 seconds, stirring constantly. Stir in wine; cook 1 minute or until most of liquid evaporates. Stir in broth and beans; cook 2 minutes. Add spinach; cook 1 minute or until spinach wilts. Remove from heat and stir in basil. Serve scallops on ¾ cup bean mixture. *Makes about 4 servings.*

## *Pineapple Salsa*

*Bobby Collins*

2 cups crushed pineapple,  
undrained

1 jalapeño, seeded and diced

1 large tomato, diced

2-3 Tbsp. cilantro, chopped

½ yellow onion, diced

2 Tbsp. lemon juice

Salt and pepper to taste

Mix and serve.