



1240KBIZ

Your News & Information Leader

Cooking With BJ
Bridge View
CENTER

Succotash with Grilled Scallops & Parsley Drizzle

(2006, Ellie Krieger, All Rights Reserved)

Ingredients

- 2 teaspoons olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 ears corn, or 2 1/2 cups frozen corn kernels, thawed
- 1 (10-ounce) package frozen lima beans, thawed
- 1 medium zucchini (about 1/2 pound) quartered lengthwise and sliced
- 1 pint grape tomatoes, halved
- 1 1/4 pounds large sea scallops (about 16)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon cider vinegar
- 1/4 cup chopped fresh basil leaves

Directions

If using ears of corn, cut the kernels off and set aside. Discard the cobs.

Heat the oil in a large skillet over medium heat. Add the onions and cook, stirring occasionally, until softened, about 2 minutes. Add the garlic and cook for 1 minute more. Stir in the corn, lima beans, zucchini, and tomatoes and cook, stirring occasionally, until the vegetables are tender, about 7 minutes.

Spray a large nonstick skillet or grill pan with cooking spray, and preheat it over medium-high heat.

In the meantime, prepare the scallops. Pat them dry and season them with 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Add the scallops and cook until the inside is opaque, 5 to 6 minutes, turning once.

Stir the vinegar and basil into the succotash, season with additional salt and pepper, to taste, and serve topped with grilled scallops. Garnish with Parsley Drizzle.

Parsley Drizzle:

- 1 cup lightly packed flat-leaf parsley leaves
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons water, as needed to slacken

Combine all ingredients in a blender and puree.

Yield: 1/2 cup