

Scallops with Spinach

By: Dottie Baltz

Serves 2 people

8-10 Bay Scallops or 20-40 Sea Scallops
6 slices of center cut bacon, chopped
1 small Vidalia onion, sliced
4 cups of fresh baby spinach, washed and chopped
1 tablespoon Dijon mustard
2 tablespoons apple cider vinegar

Cook the bacon until crispy. Reserve some of the bacon grease to cook the scallops in. Add the onions to the bacon and cook for 5 minutes. Add the spinach to the pan and allow the spinach to wilt. Once the spinach is wilted, quickly add the mustard and apple cider vinegar, stir and remove from heat.

In a separate pan, on medium high heat, warm the reserved bacon grease, add the

scallops to the pan, browning them on each side. If you are using frozen scallops, the grease will splatter quite a bit, so watch out for that. If you can find dry packed scallops, that would be best.

Cook the scallops for about 2-3 minutes per side or just until they are browned nicely.

To serve, split the spinach mixture in half and surround the spinach with scallops. Serve immediately.

You can also substitute dandelion greens, arugula or watercress for the spinach to change it up a bit.

Can be served alone for a light dinner or lunch, or served with rice for a more filling meal.