**Scallops with Cilantro   
Serves 4**

**Ingredients**

* 1 1/2 pounds sea scallops, patted dry (about 24)
* ½ tsp. Salt (optional) and fresh ground pepper to taste
* 2 tablespoons extra virgin olive oil
* 1/2 cup green onion, sliced (2 green onions)
* 2 tablespoons fresh lime juice (3 limes)
* 2 tablespoons fresh cilantro, chopped
* 1 1/2 cups red bell pepper, diced
* 1/2 cup frozen corn kernels, fresh preferred
* Orange slices, for garnish (optional)

**Directions**

Season scallops with salt and pepper. Using a large, nonstick skillet, heat oil over medium-high heat until hot, but not smoking. Add scallops and sauté until lightly browned and just cooked through, about 2 minutes per side (scallops should be opaque but not rubbery). Transfer scallops to a large bowl. Gently stir in green onions, lime juice and cilantro. Reduce heat on pan to medium and add pepper and corn. Sauté veggies until slightly browned, about 3 minutes. Add to bowl of scallops. Serve warm and garnish with orange slices.

**Nutritional InformationPer Serving: Calories 243, Calories from Fat 8 g, Sat Fat 1 g, Cholesterol 56 mg, Sodium 571 mg, Carbs 11 g, Fiber 2 g, Sugars 2.5 g, Protein 30 g**