



## Seared Scallops with Tropical Salsa

1/2 C diced pineapple  
1/2 C diced mango  
1/2 C diced cucumber  
1/2 diced red bell pepper  
3 T chopped fresh cilantro  
4 t fresh lime juice  
1 jalapeno pepper, seeded & minced  
2 T fresh ground horseradish  
salt & pepper to taste

16 sea scallops (1 lb.)

In a bowl combine the pineapple, mango, cucumber, bell pepper, cilantro, lime juice, horseradish and jalapeno chile. Set aside.

Heat a large nonstick frying pan over medium-high heat. Coat the pan with nonstick cooking spray. Season the scallops with salt & pepper. Sear scallops turning once, until golden brown on both sides and opaque throughout (@ 2 minutes on each side).

Spoon salsa over top of individual serving. Serve immediately.