



Seared Scallops with Orange Sauce and Broccoli-Cauliflower Sauté

10 ounces large scallops

1 pound broccoli florets

1 pound cauliflower florets

1 cup freshly squeezed orange juice

Cooking oil spray

1 teaspoon curry powder

Salt and cracked black pepper to taste

1. Coat a nonstick skillet with cooking spray and heat the skillet. Add the scallops and season with the curry powder, salt, and pepper. Cook until scallops are golden brown. Add the broccoli, cauliflower, and orange juice. Cook until the broccoli is bright green and tender to the fork.

To Serve: Spoon the scallops and vegetables into shallow bowls. Drizzle with the orange sauce.

Servings: 2