



The Edible Garden

Recipe featured at *Whole Foods Friday* demonstration, July 2

Grilled Scallops with Mango Salsa

Compliments of Whole Foods Kitchens

Makes 4 servings

Ingredients

- 1 large mango, peeled, pitted, and cut into small dice
- 2 medium shallots, chopped
- 1 jalapeno or Serrano chili, seeded and chopped
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons fresh lime juice
- 12 large sea scallops
- Olive oil for brushing
- Sea salt
- Freshly ground black pepper
- 4 metal skewers or 4 bamboo skewers soaked in water for at least 30 minutes

Instructions

- Combine mango, shallots, chili, cilantro, and lime juice. Toss gently to mix. Thread 3 scallops through their sides onto each skewer so the scallops lie flat.
- Brush scallops with olive oil and season with salt and pepper. Grill scallops over direct medium heat, turning once, until opaque—about 5 minutes or so.
- Remove scallops from heat and plate, spooning salsa over each skewer.