scallops with ginger orzo salad and cherry pocket pies



APRON'S ADVICE

Complete your meal with a fresh baguette. You can garnish the pocket pies with powdered sugar and whipped cream.

SHOPPING LIST

Bakery

12 slices thin white sandwich bread

Dairy

1/4 cup whole milk ricotta cheese

Dry Grocery

2 tbsp cherry jam

1 cup orzo pasta

1 tbsp toasted sesame seeds (optional)

Produce

3/4 cup Asian ginger vinaigrette

1 cup fresh cherries

1/2 bunch fresh cilantro

1/2 cup fresh sugar snap peas

2-3 green onions

1 red bell pepper

Seafood

12 oz sea scallops

From Your Pantry

2 eggs (or 1/2 cup egg substitute) 1/4 tsp kosher salt

4 tbsp unsalted butter



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COOKING SEQUENCE

- Prepare cherry pie filling; prepare salad recipe through step 2 20 minutes
- While orzo cooks, complete cherry pies 10 minute
- Complete salad recipe; serve 5 minutes

scallops with ginger orzo salad

INGREDIENTS

1/2 cup red bell pepper, finely chopped 1/4 cup green onions, finely chopped

1/2 cup sugar snap peas, finely chopped

2 tablespoons fresh cilantro, finely chopped

12 oz sea scallops

1/4 teaspoon kosher salt

1/8 teaspoon pepper 3 1/2 cups water

1 cup orzo pasta

3/4 cup Asian ginger vinaigrette1 tablespoon toasted sesame seeds

(optional)

PREP

• Chop pepper, onions, peas, and cilantro.

STEPS

- 1. Preheat large nonstick sauté pan on medium-high 2–3 minutes. Season scallops with salt and pepper. Place scallops in pan; cook (or sear) 1–2 minutes on each side. Remove from pan; cover to keep warm. Place water in same pan; bring to a boil.
- 2. Stir in pasta and reduce heat to medium; cook and stir 8–10 minutes or until tender and water has been absorbed.
- 3. Stir in peppers, onions, peas, cilantro, vinaigrette, and scallops; reduce heat to low and cook 1–2 minutes or just until scallops are opaque (veggies will be crisp-tender). Remove from heat; top with sesame seeds and serve.

CALORIES (per 1/4 recipe) 380kcal; FAT 8g; CHOL 65mg; SODIUM 870mg; CARB 44g; FIBER 3g; PROTEIN 34g; VIT A 20%; VIT C 70%; CALC 6%; IRON 25%

cherry pocket pies

INGREDIENTS

12 slices Bakery thin white sandwich bread

1 cup fresh cherries

2 tablespoons cherry jam

1/4 cup whole milk ricotta cheese2 eggs (or 1/2 cup egg substitute)

4 tablespoons unsalted butter

PREP

- Remove crusts from bread.
- Remove cherry stems and pits; chop coarsely.

STEPS

- 1. Combine cherries, jam, and cheese for filling.
- 2. Brush six bread slices with egg, then top each bread slice with 2 tablespoons of the cherry mixture. Add second bread slice; crimp edges using a fork.
- 3. Preheat large nonstick sauté pan on medium 2–3 minutes. Brush pies with egg. Place butter in pan, then add pies; cook 1–2 minutes on each side or until golden. Serve. (Makes 6 servings.)

CALORIES (per 1/6 recipe) 180kcal; FAT 10g; CHOL 25mg; SODIUM 170mg; CARB 18g; FIBER 1g; PROTEIN 5g: VIT A 8%: VIT C 2%: CALC 6%: IRON 6%