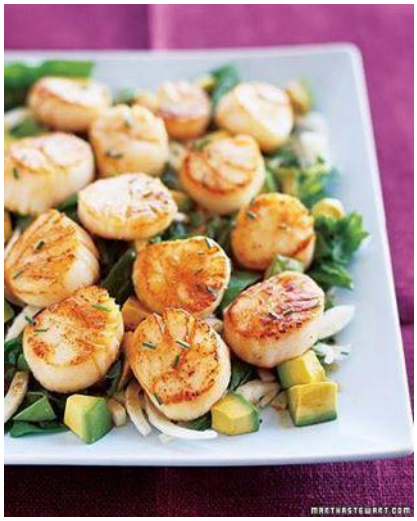

Seared Sea Scallops with Pomegranate-Dressed Salad

Ingredients
2 tablespoons pomegranate molasses
1/4 cup extra-virgin olive oil
1/2 teaspoon ground ginger
1/2 teaspoon ground fennel seed
Coarse salt and ground white pepper
1 tablespoon vegetable oil
16 medium-size scallops
1 bulb fennel, tough outer leaves discarded, halved lengthwise, cored, and thinly sliced crosswise
1 bunch arugula, tough stems discarded, well washed (2 cups)
1 cup flat-leaf parsley leaves
2 tablespoons minced chives
1 ripe avocado, diced
1/4 cup fresh pomegranate seeds, for garnish (optional)

Directions
In a large bowl, whisk together pomegranate molasses, olive oil, ground ginger, and ground fennel; season with salt and pepper.

In a large nonstick skillet, heat vegetable oil over medium-high heat. Season scallops with salt and pepper. When the oil is very hot, add as many scallops as will fit in a single layer, with at least 1/2 inch of space between them, and cook without turning until golden brown, 2 to 3 minutes. Turn scallops over and cook 1 1/2 to 2 minutes or until centers are slightly translucent. Repeat with remaining scallops.

Whisk dressing to combine. Add fennel, arugula, parsley leaves, and chives. Toss well. Add avocado and toss again. Taste and adjust seasonings if necessary.

To serve, put the salad in the center of a platter and arrange scallops on top. If desired, garnish with pomegranate seeds.

Source: http://www.wholeliving.com/131804/seared-sea-scallops-pomegranate-dressed-salad?czone=e&center=144884&gallery=136361&slide=131804

Erin Coffee shared Getting Healthy & Staying Healthy's photo.