



SHOPPING LIST

Ronaldo Linares' Seared Scallops with Broccoli and Mango Rice

FRESH PRODUCE

- Broccoli florets – 1 head (2 cups, to serve 2)
- Cilantro – 4 tsp. finely chopped
- Garlic – 2 cloves
- Grape tomatoes – 10 oz.
- Mango – 1 small (4 oz.)
- Spanish onions – ½ cup cubed

BREAD AND GRAINS

- Brown rice, uncooked – 1½ cups

CANNED FOODS

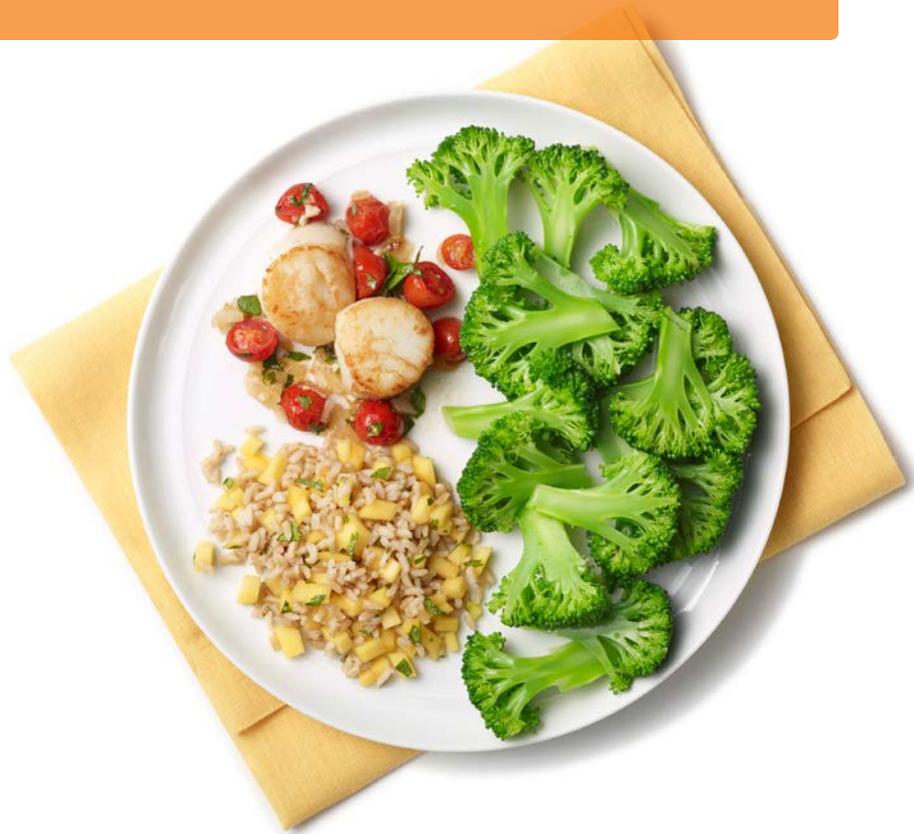
- Chicken stock, no salt added – ½ cup

MEAT, POULTRY, AND FISH

- Dry sea scallops – 7 oz. (about 4–6)

CONDIMENTS, SEASONING, AND BAKING NEEDS

- Avocado oil – 4 tsp.
- Cracked black pepper – ¾ tsp.
- Kosher salt – 1½ tsp.
- Lime juice – 1 tsp.



¼ plate **Seared Scallops with
Roasted Grape Tomatoes**
(1 serving)

¼ plate **Cilantro Mango Brown
Rice** (1 serving)

½ plate **1 cup steamed broccoli
florets**

YOUR PLATE NUTRITION

Choices

Starch 2, Nonstarchy Vegetable 4,
Lean Protein 2

Calories	345
Calories from Fat	70
Total Fat	8 g
Saturated Fat	1.1 g
Trans Fat	0 g
Cholesterol	25 mg
Sodium	660 mg
Potassium	955 mg
Total Carbohydrate	50 g
Dietary Fiber	6 g
Sugars	7 g
Protein	20 g
Phosphorus	555 mg



SEARED SCALLOPS WITH ROASTED GRAPE TOMATOES

Makes: 2 servings

Serving size: 2 scallops, ½ cup sauce

Preparation time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS

- 7 oz.** dry sea scallops (about 4–6)
- 2 tsp.** avocado oil, divided
- ½ cup** Spanish onions, cubed
- 2** cloves garlic, finely chopped
- ½ tsp.** kosher salt
- ¾ tsp.** cracked black pepper, divided
- ½ cup** unsalted chicken stock
- 10 oz.** grape tomatoes, halved
- 1 tsp.** lime juice
- 2 tsp.** cilantro, finely chopped

DIRECTIONS

- 1.** Preheat oven to 400 F.
- 2.** Remove small side muscle from the scallops, rinse with cold water, and pat dry. Place in the refrigerator.
- 3.** Preheat an ovenproof, nonstick sauté pan over medium heat. Add 1 tsp. avocado oil and wait 10 seconds for oil to heat up. Add the onions and cook until translucent, about 2 minutes. Make sure to stir constantly so the onions cook evenly. Add the garlic, salt, and ¼ tsp. pepper; stir for about 1 minute. Add the stock and tomatoes, and place in the oven for 10 minutes.
- 4.** When about 4 minutes are left on the sauce, it's time to make our scallops. Remove the scallops from the refrigerator, and preheat a nonstick pan over medium-high heat. Add 1 tsp. avocado oil and wait a few seconds so the oil heats up. Sprinkle the salt and ½ tsp. pepper evenly on both sides of the scallops. Place scallops flat side down in the pan, press gently so they kiss the pan, and cook for 45 seconds. Repeat on the other side and set aside.
- 5.** Remove the sauce from the oven, stir in the lime juice and cilantro, and serve by placing ½ cup sauce on each plate and divide the scallops among the plates.

PER SERVING

Seared Scallops

Makes: 2 servings

Serving Size: 2 scallops, ½ cup sauce

Calories	160
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrate	13 g
Fiber	2 g
Sugars	4 g
Cholesterol	25 mg
Sodium	420 mg
Protein	15 g

Choices: Vegetable 2, Lean Protein 3

(Continued)



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CILANTRO MANGO BROWN RICE

Makes: 10 servings
Serving size: ½ cup
Preparation time: 10 minutes
Cooking time: 20 minutes

INGREDIENTS

- 1½ cups** uncooked brown rice
- 2½ cups** water
- 1 tsp.** kosher salt
- 4 oz.** mango, peeled and small diced
- 2 tsp.** avocado oil
- 2 Tbsp.** cilantro, washed and minced

DIRECTIONS

Add the rice, water, salt, mango, and oil to a rice cooker. Mix with a spoon and follow rice cooker instructions (this is the easiest way of making this dish). When the rice is done, fold the cilantro into the rice and serve.

Ronaldo's Tip:

If you don't have a rice cooker, no worries! Here are the instructions. Grab a small pot and add the rice, water, salt, oil, and mango to the pot. Mix with a spoon and bring to a boil, then reduce to low heat. Cover with foil tightly or with a tight-fitting lid. Cook for about 15–20 minutes, until the rice is fluffy and tender. Once the rice is cooked, fold the cilantro into the the rice and serve.

PER SERVING

Cilantro Mango Brown Rice

Makes: 10 servings
Serving Size: ½ cup

Calories	150
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrate	30 g
Fiber	1 g
Sugars	2 g
Cholesterol	0 mg
Sodium	200 mg
Protein	3 g

Choices: Carbohydrate 2