**Scallops with Capers and Tomatoes**

Prep Time 5 Minutes
Cook Time 7 Mins

Yield 4 servings (serving size: 3 scallops and 1/3 cup sauce)
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RECIPE BY OXMOOR HOUSE
Pungent capers and diced tomatoes pair well with seared scallops for a fresh dinner. Serve over angel hair pasta to complete your meal.

Ingredients

12 large sea scallops (about 1 1/2 pounds)
Cooking spray
1 garlic clove, minced
1/2 cup dry white wine
1 tomato, seeded and diced (about 1 cup)
3 tablespoons capers, drained
2 tablespoons chopped fresh basil
1/4 teaspoon salt
1 tablespoon extra-virgin olive oil

How to Make It
Step 1
Pat scallops dry with paper towels. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add scallops to pan; cook 3 minutes on each side or until done. Remove scallops from pan; keep warm.
Step 2
Add garlic to pan; cook 15 seconds. Add wine and next 4 ingredients to pan. Spoon mixture over scallops; drizzle evenly with oil just before serving.
Chef's Notes
Always request dry-packed sea scallops. They tend to be fresher and haven't been soaked in water to increase their weight.

http://www.myrecipes.com/recipe/scallops-with-capers-tomatoes

**For 2**

**Ingredients**

1/2 lb medium scallops
Cooking spray
1 garlic clove, minced (I used 1 tablespoon chopped jarred garlic)
1/4 cup dry white wine
1 tomato, diced (about 1/2 cup)
2 tablespoons capers, drained
2 tablespoons chopped fresh basil (1 teaspoon dried basil leaves)
1/4 teaspoon salt
1 tablespoon extra-virgin olive oil
Fresh angelhair pasta for 2
1 tablespoon butter

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Step 2
Add garlic to pan; cook 15 seconds. Add wine and next 4 ingredients to pan. Spoon mixture over scallops add butter; drizzle evenly with oil just before serving over angelhair pasta.