**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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