



## Webinar Series Recipes

### Seared Scallops with Pesto Spaghetti Squash

Serves 4

#### For Spaghetti Squash

- 1 spaghetti squash, about 5 lbs
- 1 tablespoon extra-virgin olive oil
- Salt and pepper
- Extra parmesan cheese as needed

#### For Pesto

- Makes a little over  $\frac{1}{2}$  cup
- 4 ounces fresh spinach leaves
- $\frac{1}{2}$  cup firmly packed basil leaves
- $\frac{1}{2}$  cup firmly packed fresh parsley
- 2 tablespoons pine nuts or walnut toasted
- $\frac{1}{4}$  cup grated or shredded good parmesan or nutritional yeast
- 2 cloves garlic, smashed
- Salt and pepper to taste
- 2 tablespoons extra virgin olive oil
- Water or more olive oil as needed

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#### For Scallops

- 1 lb scallops, preferably “dry scallops,” feet removed
  - Salt and pepper
  - Avocado oil
1. For spaghetti squash, preheat your oven to 400 degrees. Line a baking sheet with parchment paper or foil. Cut the squash in half lengthwise and remove seeds and stringy fibers.
  2. Rub the squash with the oil and season with salt and pepper — roast squash with the flat side on the baking sheet. Roast for 20 minutes, then flip and roast for 20 minutes or until the squash is tender.
  3. Meanwhile, make the pesto: Combine all ingredients in a food processor or blender, and mix until the desired consistency, adding more oil or water as needed. You will only need half the pesto. Freeze the remaining pesto flat in a freezer bag or ice cube tray, pop out once frozen, and store it in a freezer bag. \*Store refrigerated for one week at most.
  4. Toss the spaghetti squash with the pesto and season to taste.

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5. For scallops, season the scallops on all sides with salt. Place the seasoned scallops on a layer of paper towels, then place a paper towel on top. Refrigerate for 15 minutes, then dry again with paper towels. Season with a little more salt and add a little pepper.
6. Heat a large stainless steel or cast-iron pan over high heat. Once hot, add avocado oil to coat. Quickly add scallops into the pan, ensuring they are not overcrowded. Do not move the scallops and cook for 1 minute, then flip and cook for 1 more. Transfer to a plate lined with paper towels. Serve over spaghetti squash.

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