

Seared Scallops with Roasted Corn Salsa

Scallops, 10-15 size	2 each
Corn, cut off the cob	1 cup
Red Onion, small dice	3 tablespoons
Roma Tomatoes, small dice	1/4 cup
Jalapeno, seeded, minced	1/2 each
Lime Juice	2 tablespoons
Cilantro, chopped	1/4 cup
Salt and Black Pepper	to taste
Avocado, thinly sliced	1/2 each

- To make salsa: Heat a sauté pan with 1 tablespoon of rice bran oil and cook corn for 2 minutes on high until slightly browned. Place in a mixing bowl with tomatoes, onions, garlic, cilantro, jalapeno, lime juice, salt and pepper. Mix together and hold
- Heat a small sauté pan on medium-high heat with 2 tablespoons rice bran oil, season scallops with salt and pepper and sear in hot oil for 1 1/2 minutes per side
- Slice avocado and cascade it out on a plate, place salsa over avocado and place scallops on top.