

Thai Seafood Yum

From – *Moosewood Restaurant Low-Fat Favorites*

Sauce

1/3 cup fresh lime juice
2 tsp sugar
2 Tbsp Asian fish sauce
2 Tbsp chopped fresh cilantro

Fish

1 fresh chile, seeded and minced
1 tsp canola or other vegetable oil
½ lb shelled and deveined medium shrimp
½ lb sea scallops, cut in half crosswise if large
¾ cup thinly sliced onions

Salad Bed

4 cups mixed salad greens
2 tomatoes, cut into wedges

- Whisk together the lime juice, sugar, fish sauce and cilantro in a large bowl and set aside.
- In a skillet, saute` the chile in the oil on medium heat for about 1 minute.
- Add the shrimp and saute`, stirring, until they begin to turn pink and curl and are heated through, about 4 minutes.
- Remove the shrimp to the bowl of sauce to marinate.
- Add the scallops to the skillet.
- Saute` for 3 to 5 minutes, until cooked, and remove them to the bowl with the shrimp.
- Add the onions to the seafood and toss to coat everything with the sauce.
- Arrange the greens to cover a serving platter.
- Mound the seafood in the center and decorate the edge with the tomato wedges.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com