

~Finding Philothea~

**Grapefruit Avocado Salad**

Serves 2

Ingredients

1 grapefruit, peeled and chopped into bite-size pieces  
1 avocado, diced  
1/2 large cucumber, peeled and diced  
3-4 scallions, white and light green parts roughly chopped  
2 teaspoons olive oil  
8-10 small scallops, patted dry and side-muscles removed  
sea salt  
freshly ground black pepper

Preparation

1. Combine the grapefruit, avocado, cucumber, and scallions on a small plate. Drizzle 1 teaspoon of olive oil and season with salt and pepper. Chill in the fridge until ready to serve.
2. Heat 1 teaspoon olive oil in medium skillet over medium-high heat.
3. Season the scallops on both sides with salt and pepper to taste.
4. Sear the scallops for 1 1/2 minutes on one side.
5. Flip the scallops and sear on the opposite side for 30 seconds. Remove from heat and place on top of the prepared salad. Serve immediately!

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