

SIDE DISH

Seared Scallops, Sweet Potato, and Pecan Salad

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$2.48	194 kcal

Seared Scallops, Sweet Potato, and Pecan Salad is a hor d'oeuvre that serves 6. For \$2.48 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 12g of protein, 6g of fat, and a total of 194 calories.

Ingredients

☐ ¼ teaspoon freshly ground black pepper

☐ 1 teaspoon maple syrup

☐ ¼ cup pecans, toasted

☐ 1 large red bell pepper, cut into thin strips

☐ 6 cups gourmet salad greens

☐ 1 Dash salt

☐ 3 cups (1/2-inch) cubed peeled sweet potato

☐ 1 teaspoon Dijon mustard

☐ 1 tablespoon olive oil

☐ 1 Dash freshly ground black pepper

☐ 1 cup seedless red grapes, halved

☐ ¾ teaspoon salt, divided

☐ 1 pound sea scallops

☐ 1 tablespoon white wine vinegar

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Whisk

Method

- 1 To prepare vinaigrette, combine first 6 ingredients, stirring with a whisk.
- 2 Preheat oven to 40

- 3 To prepare salad, arrange the sweet potato in a single layer on a baking sheet lightly coated with cooking spray. Lightly coat potato with cooking spray; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- 4 Bake at 400 for 25 minutes or until potato is tender, turning once after 15 minutes. Cool completely.
- 5 Sprinkle scallops with 1/4 teaspoon salt.
- 6 Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- 7 Add scallops, and cook 2 minutes on each side or until done.
- 8 Combine sweet potato, greens, grapes, and red bell pepper in a large bowl.
- 9 Drizzle vinaigrette over potato mixture; toss gently to coat.
- 10 Place 1 1/3 cups salad mixture on each of 6 plates; divide scallops evenly among salads.
- 11 Sprinkle each serving with 2 teaspoons pecans.

Nutrition per serving

194 KCAL	12 g PROTEIN	6 g FAT	25 g CARBS
Saturated Fat			0.7 g · 5% of daily needs
Fibre			3.3 g · 13% of daily needs
Sugar			8.7 g · 10% of daily needs
Sodium			652 mg · 28% of daily needs
Cholesterol			18.1 mg · 6% of daily needs
Vitamin C			46.7 mg · 57% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/seared-scallops-sweet-potato-and-pecan-salad-148470