

Sautéed Scallops over Spaghetti Squash

Servings: 2

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Ingredients

1 (~1 lb) spaghetti squash, cut in half lengthwise and seeded
1 tablespoon olive oil, divided
2 leeks, white and light-green parts only, thinly sliced lengthwise
1 medium shallot, peeled and thinly sliced lengthwise
1/8 cup all-purpose flour
1/2 lb scallops, sliced in half
Salt
Pepper
1/3 cup dry white wine (optional)
1 tablespoon butter, chilled and cut into small pieces
3-6 green onions, minced

Preparation

- 1) Heat oven to 375 degrees. Place squash, cut-sides down, on a baking sheet sprayed with cooking spray. Cook until easily pierced with a knife tip, about 45 minutes. Using a fork, separate the flesh into strands, and transfer to a bowl; cover.
- 2) Heat 1/2 tablespoon oil in a sauté pan over medium heat. Cook leeks and shallots, stirring, until crisp, about 10 minutes. Transfer to a plate.
- 3) Place flour in a small bowl; dredge scallops. Return pan to heat; add remaining 1/2 tablespoon oil. Cook half of scallops until golden, about 3 minutes per side. Season with salt and pepper. Cook remaining scallops.
- 4) Increase heat to medium high; add wine or 1/3 cup water. Using a wooden spoon, scrape up any brown bits on bottom of pan. Cook until liquid has reduced by half. Slowly whisk in the butter until sauce begins to thicken, about 2 minutes; season with salt and pepper.
- 5) Divide the squash and the leek mixture among two dinner plates; top with scallops. Drizzle with sauce, and garnish with chives. Serve.