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## ingredients

bay scallops  
1 pound

butter  
2 Tablespoons

corn  
3 ears

thyme  
1/2 Tablespoon

tomato  
2

avocado  
1

pantry dressing  
1/4 cup

## Recipe

### DINNER NIGHT:

Slice tomatoes and layer on serving plate. Slice avocado and lay on top. Drizzle with 1/4 cup pantry dressing and set aside.

Skim kernels off corn with a knife. Set aside.  
Remove thyme from stem to yield 1/2 Tablespoon.

Melt the butter in a large skillet over medium heat until lightly browned, being careful not to burn. Skim off the white foam (the milk fat).

Increase heat to high and add the scallops, one at a time.  
Sauté until the first side is nicely browned. Turn and sauté the other side until brown.  
Lift scallops from pan, leaving behind a little butter.  
Add corn and thyme, cooking for 3 minutes.  
Serve immediately with scallops and tomato salad.

### SUBSTITUTIONS:

any white fish chopped into cubes  
(increase cooking time to 5-6 minutes)  
or  
shrimp  
or  
beef steak cubed  
(increase cooking time to 8 minutes)