

Healthify your kitchen!

**Super simple strategies
to make any meal better
for you, straight from
top spa chefs**

Recipes

**Spice-Rubbed
Lamb Chops**

Citrusy Vegetable Wraps

Baked Veggie Chips

Confetti Chopped Salad

**Seared Scallops
with Shiitakes**

Agua Fresca Fiesta

Quinoa-Crusted Chicken

**Spicy Wilted
Winter Greens**

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TIP

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TRICK YOUR TASTEBUDS

ERIC BAUER, executive chef, Rancho Valencia, San Diego

For ultimate flavor boost, up the umami, that savory flavor in foods like aged cheeses, cured meats and—in this recipe—mushrooms and worcestershire sauce. It will keep you satisfied and help curb overeating.



Seared Scallops with Shiitakes

SERVES 4 **PREP** 10 MIN **COOK** 15 MIN

- 3 clementines, 2 peeled
- 2 small heads frisée, for serving
- 1 tbsp. EVOO, plus more for the frisée
- 6 oz. shiitake mushrooms, stemmed and chopped
- 8 large sea scallops
- 2 tsp. worcestershire sauce
- Store-bought balsamic glaze

1. Cut between the membranes of 2 of the clementines, letting the segments fall into a bowl. Juice the remaining clementine. In a bowl, toss the frisée with EVOO.
2. In a skillet, heat 2 tsp. EVOO over medium-high. Add the mushrooms; cook, stirring, until browned, 5 minutes. Transfer to a plate. Add 1 tsp. EVOO to the skillet. Add the scallops; cook, turning once, until browned and firm to the touch, 5 minutes. Transfer to 4 plates; tent with foil.
3. Lower the heat to medium; add $\frac{1}{3}$ cup water, the worcestershire sauce and clementine juice. Bring to a boil, scraping the pan. Add the mushrooms; cook 1 minute. Spoon sauce over scallops.
4. Divide the clementines and frisée among the plates with the scallops. Drizzle with the balsamic glaze.





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