

COOKBOOK CORNER

Savor The Best Foods Of Summer, From Garden To Market

(NAPSA)—Like summer itself, summer foods should be laid-back and fun. And with garden and market produce in abundance, summer is a great time to reap the maximum health benefits of fruits and vegetables at their peak with recipes from “The South Beach Diet Taste of Summer Cookbook” (Rodale).

“When you eat freshly harvested whole fruits and vegetables, in addition to whole grains, good fats like olive and canola oil, lean protein and low-fat dairy,” says Arthur Agatston, M.D., creator of the South Beach Diet, “you not only improve your health but get the greatest enjoyment from eating.”

From refreshing soups and salads to sumptuous desserts, the possibilities for great summertime meals are endless. But “The South Beach Diet Taste of Summer Cookbook” is far more than a single-season cookbook; many of the recipes in the book can easily be adapted to what’s freshest in the market at any time of year. For additional recipes and tips, visit www.southbeachdiet.com.

Seared Scallops with Summer Vegetables (Phase 3)

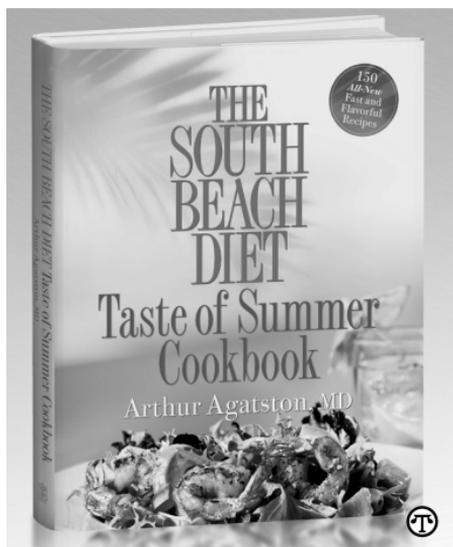
Prep Time: 15 minutes

Cook Time: 5 minutes

Makes 4 servings

To enjoy on Phase 1 or 2, omit the corn.

- 4 tsp. extra-virgin olive oil
- 1½ pounds sea scallops, cleaned (about 20)
- ¼ teaspoon salt
- Freshly ground pepper
- 1 medium zucchini, halved lengthwise and thinly sliced into half-moons
- ½ small onion, finely chopped
- 2 garlic cloves, minced



- 1 cup cherry tomatoes, halved
- ¾ cup frozen edamame, defrosted
- 1 small ear of corn, shucked and kernels sliced off cob (½ cup kernels)
- 2 Tbsp. chopped fresh basil

In large, nonstick skillet, heat 2 teaspoons oil over medium-high heat. Add scallops, sprinkle with ¼ teaspoon salt and season lightly with pepper. Cook until golden brown on the outside and opaque inside, about 2 to 3 minutes per side. Transfer to a plate and keep warm.

Reduce heat to medium and add remaining oil to pan. Add zucchini, onion and garlic; cook until vegetables are softened, about 5 minutes. Add tomatoes, edamame and corn; cook until tomatoes begin to break down, about 3 to 4 minutes. Return scallops to the pan and sprinkle with remaining salt and pepper to taste; reheat for 30 seconds or until heated through. Stir in basil. Divide among 4 plates and serve warm.