

Ingredients

1 Pound Sea scallops; Fresh

2 tablespoons All purpose flour

1-2 teaspoons Cajun seasoning; or blackened seasoning

1 tablespoon Oil

1 (10 ounce)bag Baby spinach; Pre washed

1 tablespoon Water

2 tablespoons Balsamic Vinegar

1/4 Cup Bacon pieces; cooked(Optional)

Preparation

Rinse scallops and pat dry.

In plastic bag, combine flour and seasoning. Add scallops and toss to coat.

In a large skillet, heat oil and add scallops. Cook over medium heat for about 3 minutes, and turn, cooking other side for about the same time over medium heat. Cook until browned and opaque throughout.

Remove scallops from pan. Add spinach sprinkle with water. Cook covered over med- high heat about 2 min to until spinach is wilted.

Add vinegar, toss to coat evenly.

Return scallops to skillet and heat through. Sprinkle with bacon bits (optional).