

Recipe adapted from [Cooking with Larue](#).



Lentil and Seared Scallop Salad With Cherry-Pom Vinaigrette

For the salad

1 c Lentils du Puy, prepared according to package directions
4 c fresh spinach
1/2 shallot, sliced thin
1/4 c goat cheese
3-4 rashers of bacon, chopped roughly
1 T olive oil
1 t fleur de sel (or sea salt)
4 dry sea scallops
Cherry-pom vinaigrette to taste

For the vinaigrette

1/4 c red wine vinegar
1/4 c balsamic vinegar
1 shallot
1/2 c fresh tart cherries, pitted
1/2 T dried chives
2-3 T pomegranate molasses
1/3 c olive oil
1/4 t sea salt

First prepare the salad dressing by placing the vinegars, shallot and cherries into a food processor or blender. Process until the cherries and shallots are thoroughly minced. Next add the remaining ingredients, except the olive oil, and blend until a liquid is created. Drain the dressing through a fine mesh sieve into a bowl. Slowly add the olive oil to the vinaigrette, whisking constantly. Cover and refrigerate until chilled.

Next prepare the salad by adding the spinach and lentils to four bowls. Next top each with a few shallot slices, goat cheese and bacon. Next in a skillet heat the olive oil on high and season the scallops with the fleur de sel. Heat the scallops for 1-1/2 minutes per side. Once seared on the outside but translucent on the inside, add to the salads.

Drizzle each salad with the cherry-pom vinaigrette and serve.