

## Northwest Bounty Salad (inspired by the Seafood Salad in Cooking Light)

- 1 cup red bell pepper strips
- ½ cup chopped red onion
- 1 cucumber, halved lengthwise and thinly sliced
- ¼ cup fresh mint leaves, finely chopped
- 2 fresh lemongrass stalks, trimmed and thinly sliced (can substitute 1 teaspoon grated lemon rind)
- 8 ounces sea scallops
- 1 pound peeled and deveined medium shrimp
- 8 ounces lump crabmeat
- 5 Tablespoons fresh lime juice
- 2 ½ Tablespoons fish sauce
- 1 teaspoon sugar
- 1 teaspoon chili paste with garlic

Prepare the red bell pepper by cutting in strips. Chop the onion, and cut the cucumber. Chop the mint leaves and prepare the lemongrass stalks.

Bring ¼-½ cup of water to a simmer on the stove. Add the scallops to the pan; cover and cook for about 3 minutes or until done. Remove the scallops and pat dry with a paper towel. Add shrimp to the simmering water in the pan and cook about 3 minutes or until done. Drain well and add to the scallops.

While the scallops and shrimp are cooking, combine the lime juice, fish sauce, sugar, and chili paste. Stir to dissolve the sugar.

Combine the shrimp, scallops, crab meat, and vegetables, then pour the lime juice mixture over and toss gently to combine.

