

# Farm To Table Paillard

*with summer greens*

4 4 ounce meat escallops, pounded flat  
2 tbsp sunflower seed oil

2 cups greens, washed, trimmed  
1/4 cup pumpkin seeds or sunflower seeds  
1/4 cup hard cheese, grated  
1 tbsp balsamic vinegar  
2 tbsp lemon juice, freshly squeezed

1. Preheat a grill or grill pan to medium high heat.
2. Place each paillard on the grill, grilling two minutes each side.
3. While the paillard is grilling combine the remaining ingredients in a mixing bowl. Season with salt and pepper.
4. Remove paillards from the grill and divide among plates.
5. Top each paillard with an equal amount of the summer greens salad and season with salt and pepper.

*Paillards are great, quick on the grill, great flavor, easy on a busy weeknight. They also cover a lot of the plate so they give the impression there is more than there is, a great diet food!*

**Serves 4 people**