Scallops

Why Scallops are a Healthy Choice

Fresh scallops have a delightful taste, soft texture and a healthy amount of omega-3 fatty acids, Vitamin B12 and magnesium. Scallops can be “wet” or “dry.” Bay scallops are natural dry scallops that will be tanner in color, sweeter in taste, and will sear beautifully. Plus, they contain more meat and less water content.

How to Select Sustainable Scallops Options

- Both sustainably farmed and wild weathervane scallops that are caught in Alaska can be “seal approved,” meaning they’re a great choice for keeping ecosystems healthy for marine mammals.
- Bay scallops caught in Massachusetts and New York, and Pacific calico scallops caught in Mexico’s Magdalena Bay are also good options.

Why Choosing Sustainably Harvested Scallops is Important

Dredging scallops can harm marine habitats, and thus, the species that eat and live in those habitats. Supporting sustainable seafood farming with the highest environmental and social standards is the responsible alternative to continuing to deplete wild stocks as demand grows.