



Shrimp & Avocado Salad*

Makes 6 servings (about 3/4 cup shrimp salad & 2 cups greens).

Recipe from EatingWell.

Ingredients

1 pound large peeled, deveined cooked shrimp, coarsely chopped
3 small ripe avocados, cubed
½ cup thinly sliced radishes
¼ cup thinly sliced scallions
¼ cup extra-virgin olive oil
¼ cup fresh lime juice
1 tablespoon grated fresh ginger
2 teaspoons granulated sugar
¾ teaspoon salt
¼ teaspoon crushed red pepper
12 cups arugula, mixed greens or chopped romaine lettuce
Chopped fresh cilantro for garnish

Nutritional info

Calories: 367
Total Fat: 25g
Protein: 21g
Carbohydrates: 17g
Cholesterol: 160mg
Sodium: 480mg
Dietary Fiber: 9mg

*Photo does not fully represent ingredients.

Directions

1. Gently stir shrimp, avocados, radishes and scallions together in a medium bowl.
2. Whisk oil, lime juice, ginger, sugar, salt and crushed red pepper in a small bowl.
3. Pour the dressing over the shrimp mixture; gently stir to coat well.
4. Divide greens (or lettuce) among 6 plates; top evenly with the shrimp mixture and garnish with cilantro, if desired.