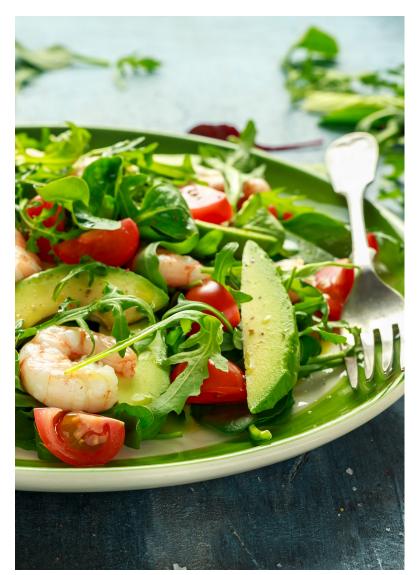


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Shrimp & Avocado Salad*

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

1/4 cup thinly sliced scallions

½ cup extra-virgin olive oil

1/4 cup fresh lime juice

1 tablespoon grated fresh ginger

2 teaspoons granulated sugar

¾ teaspoon salt

1/4 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

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.

^{*}Photo does not fully represent ingredients.