



Shrimp Protein-Packed Salad

Ingredients

- 4 raw shrimp (Size 16/20) - peeled and deveined tail-on
- salt & pepper to taste
- 1 cup baby spinach
- ¼ cup cherry tomatoes, cut in half
- ¼ cup black beans, rinsed
- 1 slice of red onion
- 1 medium boiled egg, sliced
- 1 oz. feta cheese for garnishing (optional)
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp olive oil
- 1 tbsp dijon mustard
- salt and fresh ground black pepper to taste

Directions

1. Using paper towels, pat shrimp dry and place in a medium bowl.
2. Add salt and black pepper. Stir well.
3. In a skillet, heat olive oil over medium-high heat. Add shrimp and cook for about 1-2 minutes each side or until they are cooked through. Set aside.
4. In a large salad bowl, toss spinach, red onion, cherry tomatoes, boiled eggs, and cooked shrimp.
5. In a small mixing bowl, combine the freshly squeezed lemon juice, olive oil, and Dijon mustard. Add salt and pepper and whisk everything together. Continue to whisk while slowly pouring in the olive oil.
6. Taste to check the seasoning and pour 1 oz. of dressing over the salad.
7. Top with feta cheese. Enjoy!

Calories 364

Total Fat 9 g

Saturated Fat 4 g

Cholesterol 125 mg

Sodium 645 mg

Total Carbohydrate 38 g

Dietary Fiber 10 g

Sugars 4 g

Protein 28 g