

Cajun Chopped Salad with Shrimp and Andouille

From a cooking class with Phillis Carey, 6/2011



The dressing here is just wonderful and tasty. Shrimp is crunchy and adds a lot to the salad. The Andouille too.

DRESSING:

1/4 cup Creole mustard, like Zatarain's, or use Dijon

2 tablespoons honey

1 tablespoon Cajun spice

1/4 cup cider vinegar

1 cup vegetable oil

Salt and freshly ground black pepper to taste

SALAD:

8 ounces large shrimp, cleaned

1 tablespoon vegetable oil

1/2 pound Andouille sausage, 1/4" dice

4 cups Romaine lettuce, chopped

2 cups baby spinach

3/4 cup red bell pepper, diced

3/4 cup orange bell pepper, diced

3/4 cup yellow bell pepper, diced

1/2 cup celery, diced

1/2 cup red onion, diced

15 ounces canned black beans, or red beans, drained, rinsed

3/4 cup pecans, toasted, chopped

Servings: 4

Creole mustard is a vinegar-based mustard (Dijon is a wine-based mustard).

1. **DRESSING:** In a medium bowl combine mustard, honey, Cajun spice and vinegar. Slowly whisk in the oil until vinaigrette emulsifies. Season with salt and pepper to taste.

2. **ONIONS:** In a small bowl place diced onion and add about 1/2 cup water and 1-2 T. white vinegar. Allow to sit for about 20 minutes. Pour off liquid and dry on paper towels.

3. **SHRIMP:** Place shrimp in a medium bowl. Toss with 1/4 cup of the Dressing; cover and refrigerate 30 minutes. Remove shrimp and saute for 4-5 minutes, turning once, until shrimp are cooked through. Remove from pan, drain on paper towel and chop in bite-sized pieces.

4. **SAUSAGE:** Heat the 1 T. oil in a medium nonstick skillet over medium-high heat. Add the diced sausage and cook, stirring frequently, until lightly browned. Drain on paper towels and allow to cool.

5. **SALAD:** In a large salad bowl combine the salad ingredients, then add shrimp and sausage. Add enough dressing to coat the ingredients (it may need more than you think, but you may not use all of the dressing), toss well, add the pecans and serve immediately.

Per Serving (excluding unknown items): 1043 Calories; 80g Fat (69.6% calories from fat); 34g Protein; 44g Carbohydrate; 11g Dietary Fiber; 142mg Cholesterol; 1242mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 14 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>