

Caribbean Shrimp Salad with Lime Vinaigrette

Author: Adapted significantly from a Cooking Light article, 1/2008

***Carolyn T's
Main Cookbook***

Servings: 4



SHRIMP:

2 1/2 cups shrimp, peeled, deveined
2 tablespoons seasoned rice vinegar, divided
2 tablespoons chili garlic sauce (such as Lee Kum Kee), or Vietnamese Sriracha sauce

DRESSING:

3 tablespoons olive oil
2 tablespoons seasoned rice vinegar
1 tablespoon grated lime rind
1/4 cup fresh lime juice (about 3 large)
1/2 teaspoon paprika
1/2 teaspoon ground cumin
2 whole garlic cloves, minced
1 dash salt
2 teaspoons agave nectar, or to taste

SALAD:

8 cups spinach, baby, fresh
1/2 cup fennel, cut in thin slivers
1/2 cup green onions, thinly sliced
1 cup mango, chopped peeled (about 1 large)
1/4 cup avocado, diced peeled
2 tablespoons walnuts, unsalted, or pumpkin seeds
1 cup croutons, or crushed tortilla chips, or garbanzo beans

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 381 Calories; 17g Fat (39.9% calories from fat); 34g Protein; 24g Carbohydrate; 4g Dietary Fiber; 225mg Cholesterol; 396mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Fat; 0 Other Carbohydrates.

1. SHRIMP: Combine shrimp, vinegar, and chili garlic sauce in a bowl; toss well. Cover and chill 1 hour.
2. In a saute pan pour the shrimp and the marinade. Bring contents to a simmer, cover and cook until shrimp is cooked through (2-3 minutes, depending on the thickness of the shrimp). Drain the shrimp and set aside.
2. DRESSING: Combine all ingredients in a small bowl, stirring with a whisk.
3. SALAD: In a large salad bowl combine the spinach, fennel and mango and green onions with the salad dressing. Taste for seasoning.
4. Add avocado slices, walnuts and shrimp to the top and serve.