

Chopped Nicoise-Style Salad with Grilled Shrimp

Another great recipe from Phillis Carey, 7/2011

Internet Address:



It has all the trappings of a Nicoise including potatoes, but it's served with shrimp.

MUSTARD-CAPER DRESSING:

- 6 tablespoons fresh lemon juice
- 1 tablespoon capers, chopped
- 2 teaspoons Dijon mustard
- 3/4 cup extra virgin olive oil
- Salt and pepper to taste

SALAD:

- 1 pound shrimp, large, cleaned, but with tails left on
- 1/2 pound red potatoes, cut 1/2" cubes
- 1/2 pound green beans, trimmed
- 1/2 cup kalamata olives, pitted, chopped
- 1/2 cup red onion, diced (soaked in water with 2 T. red wine vinegar added)
- 2 cups plum tomatoes, seeded, diced
- 6 cups Romaine lettuce, finely chopped (or other crispy type lettuce)
- 2 whole eggs, hard-cooked, halved lengthwise
- 12 whole capers

Servings: 4

1. Roast the potato chunks on a sheet pan for 25 minutes at 425°. Remove, cool and refrigerate if time permits.
2. Whisk together the dressing ingredients. Remove 1/3 cup to a separate bowl and toss the shrimp in it. Cover shrimp and refrigerate for about 30 minutes. Refrigerate remaining dressing until time to assemble the salad.
3. Steam the green beans for about 6 minutes and when barely done, plunge into ice water, then drain. Refrigerate if time permits.
4. In a small bowl add chopped onion. Add water to cover and add about 2 T. red wine vinegar. Stir and allow to sit for 30 minutes (to reduce the raw onion flavor).
5. Thread shrimp on bamboo skewers that have been soaked in water for about 30 minutes. Discard the marinade/dressing. Grill shrimp 3-4 minutes per side; remove from skewers and toss them with just a little bit of additional dressing.
6. To assemble salad, place olives, onion, tomato and lettuce in a large bowl. Add potatoes and green beans and toss. Add reserved dressing and toss to coat well. Divide salad among 4 plates and place half an egg in the center. Top each egg with 3 capers (push each gently into the yolk so they will stay put). Arrange shrimp around the egg. Serve.

Per Serving (excluding unknown items): 712 Calories; 53g Fat (67.6% calories from fat); 31g Protein; 27g Carbohydrate; 6g Dietary Fiber; 279mg Cholesterol; 1677mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 10 Fat; 1 Other Carbohydrates.