

Southwest Shrimp Salad

Give It
A Try

Travel to the Southwest from the comfort of your home! This simple recipe involves minimal stove use and is perfect to battle the summer heat! Not to mention, this meal is packed with nutrients and flavour sure to win the hearts of everybody at the dinner table!



Nutritional Analysis per serving:

226 calories, 7 g fat, 19 g protein, 30 g carbohydrate (20 g available carbohydrate), 10 g fibre, 398 mg sodium

My Viva Servings: 1 grain, 2 proteins, 4 vegetables, 1 fat



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2 servings (4 cups per serving)



Ingredients:

- 340 g frozen peeled raw shrimp, thawed
- 1 tbsp fresh chopped cilantro
- 1 tsp fresh lime juice
- Dash salt
- 6 cups baby spinach
- ½ cup canned black beans, drained and rinsed
- ½ cup corn kernels
- 2 tbsp minced red onion
- 1 cup diced red bell pepper
- ¼ cup fresh chopped cilantro
- 2 tsp fresh lime juice
- ½ ripe medium avocado
- 1 tbsp balsamic vinegar
- 1 tsp chili powder

Preparation:

1. Cook shrimp in boiling water until pink and opaque. Transfer shrimp to a bowl of ice water. Drain and pat dry with paper towels.
2. In a medium bowl, combine cooked shrimp, cilantro, lime juice and salt. Stir to combine and set aside.
3. In a food processor or blender, combine all dressing ingredients. Blend well, adding water if necessary to achieve desired consistency. Set aside.
4. In a large bowl, toss together spinach, black beans, corn, red onion, red pepper, and dressing. Toss to coat.
5. Divide salad between two plates and top with shrimp.
6. Serve and enjoy!

Did You Know? Shrimp is protein-rich and is packed with key nutrients!

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