Dinner Tonight!

Shrimp Salad

2 pounds fresh, boiled, peeled and deveined medium shrimp
16 small grape or cherry tomatoes
2 Haas avocados
1 bunch of chopped green onions
½ cup chopped celery
1 head lettuce (green leaf, Romaine, or Bibb)

Place shrimp in a large mixing bowl. Cut cherry tomatoes in half and add to bowl. In a small mixing bowl, cut avocados into bite-size pieces; set aside. Dice one bunch of green onions and place in shrimp mixture bowl. Chop and dice celery. Place celery in bowl with shrimp. Last, put avocados in shrimp bowl. Mix all ingredients gently. Wash and pull leaves apart on lettuce. Set aside to drain.

Remoulade Sauce
1 cup of low-fat Hellman mayonnaise
½ cup green onion, chopped
2 Tablespoons Creole mustard (can use whole grain mustard)
3 teaspoons sweet paprika
Salt and pepper to taste
1 teaspoon garlic, minced
1 teaspoon hot sauce (Tabasco)
2 Tablespoons fresh parsley, chopped
3 Tablespoons ketchup
1 Tablespoon extra virgin olive oil

Place all sauce ingredients in blender or food processor and mix until all is combined. Pour the remoulade sauce over the shrimp salad mixture and again stir gently to coat. Serve your shrimp salad over fresh green leaf, romaine, or bibb lettuce.

Preparation Time: 20 minutes
Cook Time: 3 minutes
Serves: 8-12

Nutrition facts per serving:
Calories: 360
Total Fat: 24 g
Cholesterol: 166 mg
Sodium: 611 mg
Total Carbohydrate: 15 g
Protein: 22 g

Serve with: crusty bread and a piece of fruit