Dinner Tonight!
Spicy Shrimp Spinach Salad

**Ingredients:**
- 1 lb fresh or frozen peeled, deveined medium and/or large shrimp
- 1 ½ tsp jerk seasoning
- 1 Tbsp olive oil
- 1.5 tsp bottled minced garlic
- 8 cups torn fresh spinach
- ¼ cup red onion
- 1 cup grape tomatoes

Thaw shrimp, if frozen. You can do this by placing the shrimp under cool running water for no more than 20 minutes. Rinse shrimp; pat dry with paper towels. Place shrimp in a small bowl. Sprinkle shrimp with jerk seasoning; toss to coat. Set shrimp aside. If it is going to take some time, place in refrigerator to follow food safety guidelines.

In a large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add garlic, red onion, and shrimp. Cook in the hot oil for 2 to 3 minutes or until shrimp is opaque. Add spinach, cook and stir about 1 minute or until spinach is just wilted. Transfer to a serving platter. Remember, the more wilted the spinach the less vitamins and nutrients you will receive as the heat removes them. Place tomatoes on top of dish to garnish and add flavor.

**Nutrition Facts Per Serving:**
- Calories: 180
- Total Fat: 6 g
- Saturated Fat: 1 g
- Cholesterol: 170 mg
- Sodium: 320 mg
- Total Carbohydrate: 6 g
- Dietary Fiber: 2 g
- Sugars: 2 g
- Protein: 25 g