

Shrimp and avocado salad

Ingredients

Salad

- 1 pound cocktail shrimp, pre-cooked, 16-20 count, tails off
- 2 large ripe avocados, diced
- 1 cup cherry tomatoes, halved
- ½ English cucumber, diced
- ¼ small red onion or 2 scallions, thinly sliced
- 2 tablespoons fresh cilantro or parsley, chopped
- 6 cups butter lettuce or mixed greens
- 1 cup cooked and cooled quinoa (optional)

Dressing

- 3 tablespoons extra-virgin olive oil
- ½ lemon, juiced (about 2 tablespoons)
- 1 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon honey or agave
- ¼ teaspoon kosher salt, plus more to taste
- Freshly ground black pepper, to taste



Nutritional information

Servings: 4

Cost: \$31.31/\$7.83 per serving

Calories: 375 per serving

Directions

- In a small bowl, whisk olive oil, lemon juice, vinegar, Dijon mustard, sweetener, salt and pepper.
- In a large bowl, combine shrimp, avocado, cherry tomatoes, cucumber, onion and cilantro.
- Drizzle dressing and toss gently to coat, making sure not to mash the avocado.
- Taste and add more salt, pepper or lemon juice, if needed.
- Serve over fresh greens.
- If desired, add ¼ cup quinoa to each serving for additional protein and a heartier meal.