

MIXED CITRUS & SHRIMP GREEN SALAD



VantageWellness.com

Ingredients

Yield: 7 servings

- 2 (5-ounce) bags mixed salad greens (not iceberg)
- 1 c red seedless grapes, halved
- 1 (11-ounce) can mandarin oranges, drained
- 1 (8-ounce) container pineapple chunks, drained
- 1 (8-ounce) container red grapefruit, drained
- 7 tbsp Orange-Poppy Seed Dressing (see below)
- 21 walnut halves, toasted
- 1 lb. fresh shrimp, peeled and lightly sautéed in olive oil

Directions

1. Combine first 5 ingredients in a large bowl. Arrange 2 cups salad on each of 7 plates; drizzle with 1 tablespoon Orange-Poppy Seed Dressing (reserve remaining dressing for another use). Top each serving with 3 walnut halves and a 6-10 (depending on size) shrimp.

2. Prepare an Orange-Poppy Seed Dressing

- 1/2 c fresh orange juice
- 1/4 c honey
- 1/4 c canola oil
- 1 tbsp champagne vinegar
- 1/8 tsp salt
- 1 tsp poppy seeds

Combine first 5 ingredients in a blender; process until blended. Add poppy seeds; pulse once. Cover and refrigerate.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup salad mixture	275	6 g	26.5 g	37.5 g	205 mg

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2 tbsp dressing	100	7 g	0 g	10 g	336 mg

Carbohydrate Exchanges: 3 (includes salad 1 cup and 2 tbsp dressing)