



Shrimp Salad

Serves 4

Dressing:

4 tablespoons grainy mustard
2 tablespoons red wine vinegar
1 teaspoon honey
3 tablespoons olive oil
Freshly ground black pepper

Salad:

16 ounces shrimp, cooked, peeled and tails removed
2 cups sliced cucumber
1 cup chopped celery
2 cups chopped romaine lettuce

- Combine mustard, vinegar, honey, oil and pepper in a large bowl. Whisk together well.
- Add remaining ingredients and toss well.
- Serve immediately.

Nutrition Information

Calories: 240
Total fat: 12g
Saturated fat: 2g
Sodium: 432mg
Fiber: 1g
Protein: 25g