

Shrimp Remoulade Salad



The tangy dressing with gently poached shrimp in this classic New Orleans dish is both refreshing and satisfying. Served over a bed of lettuce, it's a salad that's perfect as a starter or a light entrée.

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Poaching Liquid/Shrimp:

¼ each	Onion, yellow, peeled
½ each	Lemon
2 cloves	Garlic, peeled and bruised
1 tsp	Black Peppercorns
1 each	Bay Leaf
1 lb	Shrimp, (16/20 or 21/30), peeled and deveined

For Serving:

1 each	Avocado, pit removed and diced
1 cup	Cherry Tomatoes, quartered
1 each	Celery, diced very small
1 head	Bibb Lettuce, washed and torn

For the Remoulade Sauce:

¼ cup	Light Mayonnaise
¼ cup	Greek Yogurt, plain, non- or low-fat
1-2 each	Green Onions, sliced thin
1 Tbsp	Capers, chopped
1 Tbsp	Creole Mustard
½ each	Lemon, zested and juiced
2 Tbsp	Parsley, fresh, chopped fine (⅓ bunch)
1 tsp	Paprika, ground
1 tsp	Worcestershire Sauce
½ tsp	Garlic Powder
¼ tsp	Kosher Salt

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

For the Shrimp:

2. In a large pot of water (~8 cups), add the onion, lemon, garlic, black peppercorns, and bay leaf and bring to a boil. Add the shrimp to the boiling poaching liquid and cook until they are brightly colored, curled, and no longer transparent in the center, about 3-4 minutes. Transfer shrimp to a bowl of ice water to stop the cooking and chill until cold. Drain shrimp thoroughly. If necessary, pat dry with paper towels, and chop each shrimp into four to five pieces. Refrigerate until ready to use.

For the Remoulade sauce:

3. In a medium bowl, combine the mayonnaise, yogurt, green onion, capers, mustard, lemon juice and zest, parsley, paprika, Worcestershire sauce, garlic powder, and salt.

For Assembly/Serving:

4. Add the chilled shrimp to the remoulade sauce and mix until they are thoroughly coated. Fold in the chopped avocado, halved cherry tomatoes, and diced celery. Chill until ready to serve, then serve with torn Bibb lettuce on the side or over a bed of lettuce.

Nutrition Facts	
6 servings per container	
Serving size 1/2 cup shrimp w/ avocado & tomatoes (193g)	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 120mg	40%
Sodium 330mg	14%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.2mg	6%
Potassium 470mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

CONTAINS: MILK, EGG, ANCHOVIES, SHRIMP

