



Creole Shrimp over Salad with Creamy Parmesan Dressing

<u>U.S.</u>		<u>Metric</u>
1/2 lb	Shrimp, peeled, cooked and cooled	228 g
4 cups	Romaine lettuce, chopped	188 g
1 medium	Tomato, diced	111 g
1 cup	Cucumber, diced	113 g
1/4 cup	Celery, sliced into half moons	28.25 g
1/2	Red Onion, thinly sliced	55 g
 <i>Creamy Parmesan Dressing</i>		
1/2 cup	White navy beans, drained, rinsed	56.5 g
1/4 cup	Yogurt, plain	28.25 g
1 Tbsp	Olive oil	15 mL
1 Tbsp	Lemon juice	15 mL
1 Tbsp	Cider or White Vinegar	15 mL
1 clove	Garlic, minced	1 clove
1/8 tsp	Onion powder	.37 g
1/2 oz	Parmigiano-Reggiano, grated	14.12 g

Preparation:

1. Gather all the ingredients and equipment.
2. Combine all ingredients except shrimp into a large mixing bowl.
3. Divide salad evenly among 4 plates.
4. Top each serving with 2 oz of shrimp and 2 Tbsp of dressing.

Creamy Parmesan Dressing

1. Gather all ingredients and equipment.
2. Place all ingredients in blender, and puree until very smooth.

****Nutrition Facts on Reverse** (Delete if facts fit on 1 page)

Nutrition Facts

Serving size	2 oz shrimp 2 cups salad 2 Tbsp dressing
Servings	4
Calories	172
Calories from Fat	60
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	7 mg
Sodium	265 mg
Carbohydrates	4 g
Dietary Fiber	2 g
Sugars	3 g
Protein	15 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	2 %
Iron	4 %
Phosphorus	52 mg
