

## Sesame Shrimp Salad

Prep/Cook Time: 15 minutes    Number of Servings: 2

### Ingredients:

- 12oz frozen, cooked shrimp, shells removed (thaw in cold water)
- ½ tablespoon sesame seed oil
- ½ tablespoon low sodium soy sauce
- Pinch of ground ginger
- 4 cups mixed greens
- 6 cherry tomatoes, halved
- 6 sugar snap peas, each snapped into two pieces
- ¼ cup shredded carrots (Time-saver: Buy pre-shredded carrots)
- 2 tablespoons sesame oil
- 1 tablespoon white or rice vinegar
- 1 teaspoon lime juice



**Tip:** Try Bolthouse Farms Miso Ginger salad dressing or an Asian Sesame dressing if you do not want to whisk up your own.

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### Directions:

1. Whisk together soy sauce, ½ tablespoon sesame seed oil, and a pinch of ground ginger in a medium sized bowl.
2. Add the thawed shrimp to the bowl and toss to coat the shrimp. Let it sit in the fridge for 5 minutes to marinate.
3. Meanwhile, place mixed greens over 2 large dinner plates (or put the second serving in a container with a lid for another meal).
4. Top the greens with cherry tomatoes, sugar snap peas, shredded carrots, and any other veggies you have on hand in your fridge.
5. Sauté the marinated shrimp in a skillet over medium heat just until the shrimp is warmed 2-3 minutes (do not overcook).
6. Evenly distribute the shrimp over the top of your salad greens.
7. In a small bowl whisk together the sesame oil, vinegar, & lime juice for your dressing. Serve.

### Nutrition Facts (per serving):

Calories: 361 Protein: 37.6gm Total Carbohydrates: 4gm  
Fiber: 3gm Total Fat: 19gm Cholesterol: 332mg Sodium: 570mg

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