

Strawberry, Arugula and Spinach Salad with Grilled Shrimp

Ingredients

- 2 cups baby spinach, rinsed and dried
- 2 cups arugula, rinsed and dried
- 2 cups strawberries, sliced (1 pint)
- 2 ounces crumbled goat cheese
- 3 tablespoons pecans, toasted and chopped
- 2 small green onions, sliced
- 1 pound shrimp, cleaned and deveined

Salad Dressing

- 2 tablespoons balsamic vinegar (or use your favorite vinegar)
- 1 tablespoon honey mustard
- 1 tablespoon olive oil
- 1 tablespoon fresh chopped basil
- Pinch of salt and freshly ground pepper



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 251

Calories from fat: 45%

Fat 12.8g

Saturated Fat 4g

Cholesterol 177mg

Sodium 306mg

Carbohydrate 12.5g

Dietary Fiber 2.5g

Protein 23g

Preparation

1. *Salad dressing:* Whisk the vinegar and honey mustard together in a small bowl; slowly whisk in olive oil. Add fresh herbs and season with salt and pepper.
2. Heat and oil grill; grill shrimp 3-4 minutes on each side until slightly charred and cooked through. Remove from heat.
3. Combine all salad ingredients together and toss with salad dressing; divide onto four plates and arrange grilled shrimp on top. Serve and enjoy.

Yield: 4 servings

Recipe by
Kathleen Zelman,
MPH, RD