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Prevent and Protect
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SHRIMP AND ARUGULA SALAD

COOKING LIGHT - JUNE 2011

Serves 4

- 4 cups loosely packed baby arugula
- 1 cup (1/4 x 3-inch) julienne-cut red bell pepper
- 1/2 cup matchstick-cut carrot
- 3 Tablespoons extra-virgin olive oil, divided
- 2 teaspoons minced fresh rosemary
- 2 garlic cloves, thinly sliced
- 16 large peeled and deveined shrimp (about 3/4 pound)
- 3 tablespoons white balsamic vinegar

- Combine the first 3 ingredients in a large bowl.
- Heat a large skillet over medium heat. Add 2 tablespoons of oil to pan; swirl to coat. Add rosemary, pepper, and garlic to pan; cook 2 minutes or until garlic is tender, stirring constantly.
- Increase heat to medium-high. Add shrimp to pan; sauté for 6 minutes or until shrimp are done. Remove shrimp mixture from pan. Add remaining 1 tablespoon oil and vinegar to pan; cook for 15 seconds. Drizzle warm vinegar mixture over arugula mixture; toss gentle to coat.
- Divide arugula mixture among 4 plates; top with shrimp. Serve immediately.