



Elliott Evans Nutrition, LLC
Prevent and Protect
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SHRIMP, AVOCADO, AND GRAPEFRUIT SALAD

Cooking Light - December 2011

- 2 ½ tablespoons olive oil, divided
- 12 ounces peeled and deveined medium shrimp
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper, divided
- 1 grapefruit
- 2 tablespoons chopped fresh tarragon
- 2 teaspoons brown sugar
- 1 teaspoon chopped shallots
- 6 cups chopped romaine lettuce
- 1 peeled avocado, cut into 12 wedges

Heat a large skillet over medium-high heat. Add 1 ½ teaspoons oil to pan; swirl to coat. Sprinkle shrimp with ¼ teaspoon salt and 1/8 teaspoon pepper. Add shrimp to pan; cook 3 minutes or until shrimp are done, stirring frequently. Remove from pan; keep warm.

Peel and section grapefruit over a bowl, reserving 3 tablespoons juice. Combine grapefruit juice, remaining 2 tablespoons of oil, remaining ¼ teaspoon salt, remaining 1/8 teaspoon pepper, tarragon, brown sugar, and shallots in a large bowl, stirring well with a whisk. Add lettuce; toss.

Arrange 2 cups lettuce mixture on each of 4 plates. Top each serving with 3 avocado wedges; divide shrimp and grapefruit sections evenly among servings.