

# Ten-Minute Shrimp Salad

Prep: 5 min  
Cook: 10 min  
Serves: 4

## Ingredients:

- 1 pound shrimp, peeled and uncooked
- 1 large bag salad greens or spinach
- 1–2 tablespoons vegetable oil
- ¼ teaspoon black pepper
- 1 teaspoon low-sodium seasoned salt or seasoning of choice
- 1 cup 2% reduced-fat mild Cheddar cheese, grated
- Fat-free salad dressing—Italian or Ranch—2 tablespoons per serving

## Directions:

1. Wash and peel shrimp. Add black pepper and seasoned salt to the shrimp.
2. Preheat skillet on medium. Add vegetable oil. Once hot, add shrimp and sauté until shrimp turn pink. Do not overcook.
3. Place salad greens or spinach in a large bowl. Add shrimp and cheese.
4. Toss with salad dressing.



Nutrition Information		
Serving size: 218g	4 servings	Calories: 230
Amount per Serving		% Daily Value
Total Fat	11g	14%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	160mg	53%
Sodium	1170mg	51%
Total Carbohydrate	10g	4%
Dietary Fiber	1g	4%
Total Sugars	2g	
Added Sugars	1g	2%
Protein	25g	
Vitamin D	0mcg	
Calcium	379mg	30%
Iron	1mg	6%
Potassium	206mg	4%