

Shrimp and Grapefruit Salad

<u>Code</u>
\$, Q, GF



Ingredients Needed:

- 1 red grapefruit
- 1 teaspoon Dijon mustard
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- 1 large head romaine lettuce shredded (6 cups)
- 1 Hass avocado, peeled, pitted, and chopped
- 1/2 pound peeled deveined cooked large shrimp

<u>Nutrition Facts:</u>	
Yield	3 servings
Calories	300
Total Fat	18 g
Sat Fat	2.5 g
Sodium	482 mg
Added Sugar	0 g
Fiber	7 g
Vitamin A	43% DV
Vitamin C	115% DV
Vitamin D	44% DV
Vitamin E	27% DV
Vitamin K	204% DV
Potassium	16% DV
Calcium	12% DV
Iron	17% DV
*Nutrition facts are for 1 serving.	

Recipe Directions:

- Working over a large bowl, section the grapefruit, letting the juice drip in the bowl. Place the sections in a small bowl.
- Squeeze the membranes over the large bowl to release any juice (you should have ¼ cup).
- Whisk the mustard and pepper into the juice.
- Whisk in the oil.
- Add the lettuce, avocado, shrimp, and grapefruit.
- Toss gently to coat well.