

Superfood Salad with Grilled Shrimp and Strawberry Basil Vinaigrette



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 87

WW POINTS: 1SP

DRESSING CALORIES: 33

WW POINTS: 1SP

SALAD INGREDIENTS:

- 2 cups red romaine lettuce
- 2 cups green romaine lettuce
- 2 cups baby spinach
- 1 tomato, diced
- 1 cup fresh blueberries
- 1 cup watermelon, chopped into bite sizes squares
- 2 cups large shrimp
- ½ cup crumbled reduced fat feta cheese
- 2 tbsp fresh parsley, minced
- 2 tbsp walnuts, minced

SALAD DIRECTIONS:

Grill the shrimp on a BBQ grill outdoors (or a grill pan indoors) until cooked through.

In a large salad bowl, mix red romaine, green romaine, and baby spinach. Arrange the blueberries, watermelon, and shrimp on top of the lettuces. Sprinkle feta, parsley, and walnuts evenly over the top.

¼ of the recipe is 87 calories and 1sp (WW)

CONTINUED ON NEXT PAGE

WWW.LIGHTENEDUPLIFE.COM



Superfood Salad with Grilled Shrimps and Strawberry Basil Vinaigrette

SALAD DRESSING INGREDIENTS:

- 1 cup fresh ripe strawberries
- 1/4 cup balsamic vinegar
- 2 tsp avocado oil you can substitute with extra virgin olive oil)
- 2 tbsp shallots, minced (you can substitute with sweet onion or red onion)
- 2 tbsp unsweetened nonfat Greek yogurt
- 1 tsp lemon juice
- 1 tsp fresh basil
- 1/8 tsp garlic powder
- 1/8 tsp sea salt
- Dash of black pepper
- Optional:
 - Sweetener to taste if you enjoy a sweeter dressing

SALAD DRESSING DIRECTIONS:

If you want to make the dressing dairy free, leave out the Greek yogurt. Combine all ingredients into a blender and blend until smooth. The recipe makes 1½ cups of dressing. Store any unused dressing in an airtight container and store for up 1-2 weeks in the refrigerator. ¼ cup of dressing equals 33 calories and 1sp (WW)

