

SHRIMP SALAD

Ingredients:

1 lb medium cooked shrimp, best bought still frozen
1 bunch asparagus cut into 1 inch lengths, discarding bottom fourth, (cut entire bunch at the same time)
1 fresh tomato, seeds and excess pulp removed cut into 1/2 inch pieces
4 medium cloves garlic, pressed
3 TBS chopped fresh parsley
small head of romaine lettuce, chopped
*optional 2 oz crumpled goat cheese
salt and fresh cracked black pepper to taste

Dressing

3 TBS fresh lemon juice
2 TBS extra virgin olive oil
1 TBS Dijon mustard
1 tsp honey
salt and fresh cracked black pepper to taste

Directions:

1. Make sure shrimp is completely thawed and patted dry with a paper towel, or it will dilute the flavor of the salad.
2. Cook asparagus in lightly salted boiling water for about 3 minutes. Drain and make sure asparagus is dried of excess water with paper towels.
3. Cut tomatoes in half, remove seeds and cut out excess pulp. Cut into about 1/2 inch pieces.
4. Whisk together lemon, oil, mustard, honey, garlic, salt and pepper. Toss shrimp, asparagus, parsley, and tomato with dressing and herbs. Allow shrimp salad to marinate for at least 15 minutes.
5. Discard outer leaves of lettuce head, rinse, dry and chop. Serve shrimp mixture on bed of lettuce.

Serves 3 - 4