Shrimp Salad with Herb Dill Dressing

Description

This light and fresh dilled shrimp salad, adapted from a South Beach Diet recipe is full of flavor and easy on the calories.



Summary

Yield: 4
Source: Adapted from a South Beach Diet recipe - phase one
Prep Time: 1 hour
Category: Salads
Cuisine: American

Ingredients

Salad and shrimp

- 1 1/2 lbs large shrimp, peeled and deveined
- 1 head red lettuce
- 1 cup dry white wine
- 6 brown mushrooms, sliced
- 1/2 medium red onion, sliced
- 2 tomatoes, sliced into small wedges
- 1 lemon, sliced
- 1 tsp mustard seeds
- 2 bay leaves
- 1/4 tsp red-pepper flakes

Herb dill dressing

- 3 tbsps extra virgin olive oil
- 3 tbsps red wine vinegar
- 2 tbsps water
- 2 tbsps fresh basil, chopped
- 2 tbsps fresh dill, chopped
- 1 clove garlic, finely chopped
- 1 tsp dijon mustard
- fresh dill sprigs for garnish

Instructions

Shrimp
Add the white wIne, mustard seeds, red pepper flakes, bay leaves and lemon in a large saucepan. Add water to fill the pan 2/3 full. Bring to a full boil over high heat. Add the shrimp and cook for 3 to 4 minutes, until the shrimp have turned pink and no longer translucent. Drain and cool. Discard the bay leaves.

Herb Dill Dressing
In a cruet (or screw-top jar, ball jar), mix the olive oil, red wine vinegar, water, fresh basil, chopped dill, garlic, and Dijon mustard. Shake vigorously to mix well.

Place the shrimp in a large bowl and pour the dressing over the top. Toss well, cover with plastic wrap, and refrigerate until well-chilled.

Salad
Place a mixture of red lettuce leaves on a large serving plate or you can use a large serving bowl. Arrange the sliced red onions, tomato wedges and mushrooms over the lettuce. Place the shrimp mixture over the top. Garnish with dill sprigs.