

Shrimp, Avocado and Basil Salad



Recipe Makes: 4 servings

Prep Time: 15 minutes

- 750 ml arugula (3 cups)
- 750 ml baby spinach (3 cups)
- 16 medium to large size shrimp
- 250 ml cherry tomatoes, halved (1 cup)
- 250 ml Northern shrimp, cooked (1 cup)
- 2 avocados, peeled, pitted, and sliced
- 60 ml sliced almonds, toasted
- 60 ml basil leaves
- 2 shallots, minced

Dressing

- 1/2 clove garlic, minced
- Juice of 1/4 fresh lemon
- 15 ml red wine vinegar
- 60 ml sour cream
- 60 ml mayonnaise
- 15 ml fresh parsley, chopped
- Salt and pepper, to taste

Instructions

- In a bowl, mix all dressing ingredients.
- Put arugula, baby spinach, cherry tomatoes, shrimp, avocado slices, almonds, basil, and shallots in a serving dish (or 4 individual dishes). Pour dressing over to serve.

Nutrition Information Valeur nutritive

Per serving

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 401	
Fat / Lipides 29.1g	45%
Saturated / saturés 5.2g + Trans / trans .2g	
Cholesterol / Cholestérol 177mg	
Sodium / Sodium 871mg	36%
Carbohydrates / Glucides 14.5g	5%
Fiber / Fibres 7.1g	
Sugars / Sucres 2.4g	
Protein Protéines 23.6g	
Vitamin A / Vitamine A	43%
Vitamin C / Vitamine C	40%
Calcium / Calcium	16%
Iron / Fer	16%