



Blackened Shrimp & Corn Salad



1/8th of recipe (about 1 cup): 141 calories, 1.5g total fat (<0.5g sat. fat), 404mg sodium, 20.5g carbs, 2.5g fiber, 6.5g sugars, 13g protein

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Prep: 20 minutes **Cook:** 10 minutes



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Ingredients

4 cups frozen sweet corn kernels
1/2 tsp. chili powder
1 tsp. ground cumin
2 cups chopped tomatoes
12 oz. ready-to-eat bay/small shrimp (or chopped large shrimp)
1 cup finely chopped red onion
1 cup finely chopped green bell pepper
1/4 cup chopped fresh cilantro
1/4 cup seeded and finely chopped jalapeño pepper
1/4 cup lime juice
1 tbsp. chopped garlic
1 tsp. salt
1/2 tsp. black pepper

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add corn, chili powder, and 1/2 tsp. cumin. Cook and stir until blackened, about 7 minutes.

In a medium-large bowl, combine all remaining ingredients, including remaining 1/2 tsp. cumin. Mix until uniform.

Fold in blackened corn. Cover and refrigerate until ready to serve. (It tastes great chilled!)

MAKES 8 SERVINGS

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