



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

Blue Plan (Freestyle™) SmartPoints® value 0*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.