



## Tropical Shrimp Salad



Entire recipe: 345 calories, 7g total fat (1g sat. fat), 605mg sodium, 37g carbs, 12g fiber, 17g sugars, 38g protein

**Prep:** 10 minutes



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### Ingredients

#### Salad

4 cups chopped romaine or iceberg lettuce  
4 oz. ready-to-eat shrimp  
1 oz. (about 2 tbsp.) chopped avocado  
1/2 cup chopped mango  
1/3 cup chopped jicama  
1/4 cup canned black beans, drained and rinsed

#### Dressing

3 tbsp. fat-free plain Greek yogurt  
1 tsp. lime juice  
1 tsp. finely chopped cilantro  
1/8 tsp. garlic powder  
Dash each salt and black pepper

### Directions

Place salad ingredients in a large bowl.

In a small bowl, combine dressing ingredients. Add 1 tbsp. water, and mix until uniform. Drizzle over salad, or serve on the side.

**MAKES 1 SERVING**

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