



## Tropical Shrimp Salad



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

**Green Plan [SmartPoints](#)® value 5\***

**Prep:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### 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**

**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.